User Manual

Online Soccer Training Stat's

Youth Version 1.0
Spring 2010

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Introduction

About Online Soccer Training Stats

Online Soccer Training Stats (OSTS) is a web-based program that allows Coaches to track and evaluate a player's individual soccer skills, and compare and rank those skill sets against other team members. Player rankings and performance tracking allows coaches to highlight and target specific areas for player performance improvement and development.

OSTS provides coaches with the ability to evaluate and compare individual player soccer skill sets and player ranking in relation to other team members over multiple seasons.

OSTS is intended to highlight specific areas and skill sets where player's need to improve. It is one more tool in the soccer skills evaluation and development process.

OSTS Version 1.0 allows Coaches or Administrators to control individual Player access in viewing team statistical information. Players can only see their individual statistics and ranking. Only Coaches or Administrators can view and compare overall team and player final comparative rankings.

About This Manual

This User Manual covers the Online Soccer Training Stat's Release Date Spring 2010. This guide is intended for both Administrators and User's.

It provides information on:

- Logging Into OSTS
- Establishing Player Profiles
- Entering Statistical Data
- Printing Reports
- Quick Tips For User's

Technical Support

Administrators can receive Technical Support for OSTS by emailing jsis@pcworks-inc.com.
Individual User's should contact their OSTS Administrator.

Live Online Support is available when the

icon is visible.

Getting Started – Administrators

Logging on to OSTS

The Site Administrator logs into their OSTS Account with the URL link provided at Registration.
Ex. http://onlinesoccertrainingstats.com/<accountname>.

The Administrator logs in with their user name and password.

The Administrator sets the password log in rule.

- Auto login until I Logout explicitly – Allows you to stay logged into OSTS website until you request to be logged out.
- Save my user name – Allows you to save you're your username for easy access when logging in.
- Always ask for my user name and password – This selection will always prompt you for a user name and password every time you access OSTS. This is also set as the Default password rule.

Forget Password link allows Players and Parents to request that their password be sent to the email account registered in their Player Profile

This will bring the Administrator to the Online Soccer Training Stats Main Menu.

Main Menu

OSTS Setup

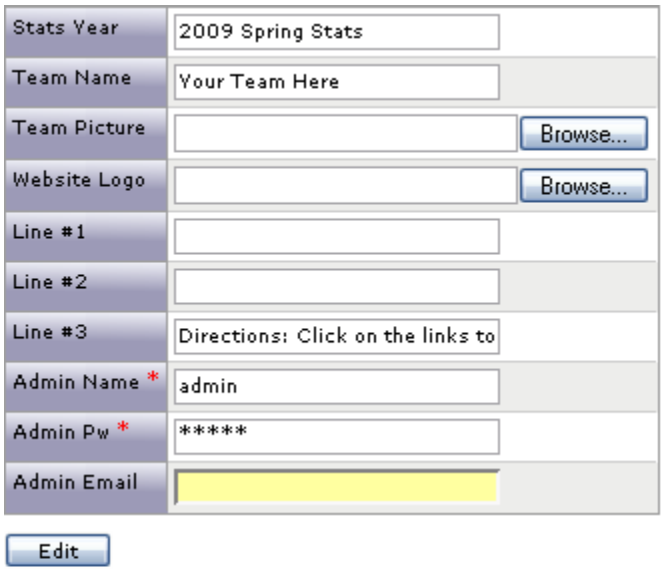
The Administrator can customize the OSTS Home page's Stats Year, Team Name, add a Team Picture, add a picture caption, add a Website logo and enter or change the Administrators login and password.

Website Setup

Step 1

Administrator clicks onto the Setup button in the menu on the left.

Step 2



* - required field

Select the edit button on the left side of the table.

Step 3

Enter Stats Year/Season.

Enter Team Name.

Upload Team Picture – Click on Browse and select file to upload.

Upload Website Logo – Click on Browse and select file to upload.

Line #1-3 – Enter any verbiage you wish to appear on the team's OSTS Home Page. The Home Page is the page that appears when a player first logs into the OSTS site.

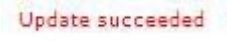
Admin Name – Enter Administrator login name

Admin Pw – Enter Administrator password

Admin Email – Enter Administrator Email

Step 4

Hit the Edit button to confirm data changes.



Will appear when changes to your website setup are successful.

Logins

The Administrator can manage all login information for the team from this screen. The Administrator has the capability to create multiple login id's and passwords for players, create log ins for team managers and assistant coaches and assign different user privilege levels to users. The Administrator user level will also receive emails notification when changes are made to any user login.

The Administrator User Level provides complete access the OSTS account. The Manager User Level allows the User to enter all team and individual player data but does not provide access to the OSTS Administrator Login passwords or Website Setup sections. The Player User Level allows access only to the individual player's profile.

Step 1

Administrator clicks onto the Logins

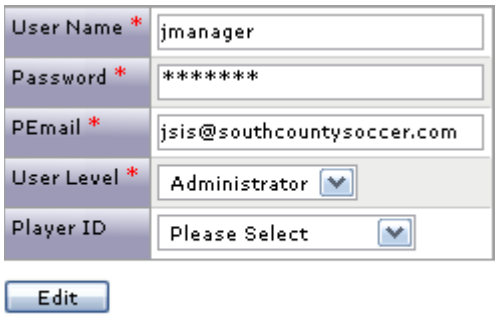
icon.

Step 2

To edit a login, select the edit button on the left side of the table.

Step 3

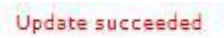
The Administrator can create multiple logins for individual players' families, create separate logins for assistant coaches and team managers, and reset passwords, and primary email addresses to these special team logins.



* - required field

Step 4

Hit the Edit button to confirm data changes.



Will appear when changes to your website setup are successful.

Creating Player Profiles

The Administrator can create detailed player profiles.

Step 1

The Administrator selects

from the main menu.

Step 2

To add a new player select

.

Step 3
The Administrator must enter player data in the mandatory fields. Mandatory fields have a red asterisk *. Mandatory Fields are Last Name, First Name, Username, Password and User Level. Other data fields are optional.

Mandatory Data Fields
Last Name – Enter Player's Last Name
First Name – Enter Player's First Name
Username, Password and User Level

Optional Data Fields
Grade – Enter Player's Grade if they are in High School
Position – Enter Player's Primary Position
Birth Date – Enter Player's DOB in mm/dd/yyyy format
Address – Enter Player's Street Address
City – Enter Player's City of Residence
State – Enter the Player's State of Residence
Zip Code – Enter Player's Zip Code
Player's Email – Player's Email Address
Mom's Email – Mother's Email Address
Dad's Email – Dad's Email Address
PDesc1 thru PDesc 4 – Select Description for each Phone
Phone 1 thru Phone 4 – Enter each Phone number
Notes – Enter important notes regarding Player
AIM – Enter AOL Instant Messaging Address
Home # - Enter Player's Jersey Number for Home Games
Away # - Enter Player's Jersey Number for Away Games
Username – Assign Player a User Name for Logging Into OSTS
Password – Assign Player a Password for Logging Into OSTS
User Lever – Set Player's Access Level

- Admin – Provides full access to system. Admin can see all statistical data for all team members. Admin can enter and delete data.
- Player – Player can only view their individual rankings and data. Player will not have visual access to other player data.
- Manager - Manager can see all statistical data for all team members. Manager can enter and delete data. Manager does not have access to website set up or admin login or passwords

Step 4
Select "Continue Adding" if you are adding additional player profiles.

Step 5
Select "Copy Values to Next Record" to save the information and apply it to the next entry.

Step 6
When you are ready to save the data press "Add".
Repeat steps 1 - 6 to continue creating new player profiles for all team members.

Entering Training Data

Training data is separated into 4 challenge categories: fitness, competitive, technical and shooting/finishing. You must create a player profile before entering data.

Fitness

Speed Ladder

Players line up in a line and race each other trying to beat the player on their right. If they win, they move up the speed ladder. If they loose, they move down the speed ladder.

Step 1

From the Main Menu the Administrator selects

.

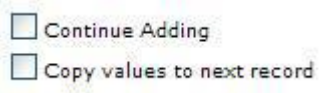
Step 2
To add new data select

.

Step 3
Enter date manually in the mm/dd/yyyy format or Click on the Calendar Icon and then click on the date. Mandatory fields have a red asterisk *.

Step 4
Select player name.

Step 5
Enter player's ranking in the Speed Ladder.



Step 6
Select "Continue Adding" if you are adding additional speed ladder data on player or adding additional speed ladder data on other team mates. This option automatically brings you back to Speed Ladder, Add New Screen.

Step 7
Select "Copy Values to Next Record" if you would like to save the date information when entering data for the next Speed Ladder player entry.

Step 8
When you are ready to save the data press "Add".

Repeat steps 1 – 8 to continue adding all Speed Ladder Data for all players.

120's

Players run 120 yards in 18 seconds then jog back in 30 seconds. They have 30 seconds rest and then they go again. Between 5 - 10 sets are attempted.

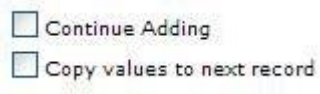
Step 1
From the main menu the Administrator selects Fitness, 120s.

Step 2
To add new data select "Add New"

Step 3
Enter date manually in the mm/dd/yyyy format or Click on the Calendar Icon and then click on the date. Mandatory fields have a red asterisk *.

Step 4
Select player's name. If a player did not compete in the training challenge do not enter a record for them. Do not create a record and enter zeros.

Step 5
Enter player's results in the 120's.
Enter the number of successful attempts in the time allowed.
Enter the number of failed attempts in the time allowed.



Step 6
Select "Continue Adding" if you are adding additional speed ladder data on player or adding additional speed ladder data on other team mates. This option automatically brings you back to Speed Ladder, Add New Screen.

Step 7
Select "Copy Values to Next Record" if you would like to save the date information when entering data for the next 120's player entry.

Step 8
When you are ready to save the data press "Add".

Repeat steps 1 - 8 to continue adding all 120's Data for all players.

Cones

Players have 18 seconds to run 5 suicides. The rest for 20 seconds and then go again.
Between 5 - 10 sets are attempted.

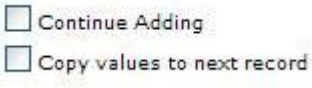
Step 1
From main menu the Administrator selects Fitness, Cones

Step 2
To add new data select .

Step 3
Enter date manually in the mm/dd/yyyy format or Click on the Calendar Icon and then click on the date. Mandatory fields have a red asterisk *.

Step 4
Select player's name. If a player did not compete in the training challenge do not enter a record for them. Do not create a record and enter zeros.

Step 5
Enter player's results in the Cone's.
Enter attempts made and enter attempts missed.



Step 6
Select "Continue Adding" if you are adding additional speed ladder data on player or adding additional speed ladder data on other team mates. This option automatically brings you back to Speed Ladder, Add New Screen.

Step 7
Select "Copy Values to Next Record" if you would like to save the date information when entering data for the next Cone's player entry.

Step 8
When you are ready to save the data press "Add".

Repeat steps 1 - 8 to continue adding all Cone's Data for all players.

Beep Test

Players run between 2 parallel lines 22 meters apart. They speed up according to a beep from a DVD player. The beeps get faster as the time increases. When a player fails to get to the line within the beep they are done and their level is recorded. The higher the level the better.

Step 1
From the Main Menu the Administrator selects Fitness, Beep Test.

Step 2
To add new data select

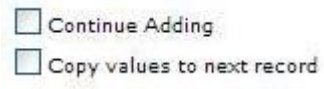
.

Step 3
Enter Date Manually in the mm/dd/yyyy format or Click on the Calendar Icon and then click on the date. Mandatory fields have a red asterisk *.

Step 4
Select player's name.

Step 5
Enter player's results in the Beep Test. Enter the number of successful attempts.

Step 6
Select "Continue Adding" if you are adding additional Beep Test data on player or adding additional Beep Test data on other team mates. This option automatically brings you back to Beep Test, Add New Screen.



Step 7
Select "Copy Values to Next Record" to save the date information when entering data for the next Beep Test player entry.

Step 8
When you are ready to save the data press "Add".

Repeat steps 1 - 8 to continue adding all Beep Test Data for all players.

Coopers

Players run around the track in 12 minutes. Their laps are recorded.

Step 1
From the Main Menu the Administrator selects Fitness, Coopers.

Step 2
To add new data select

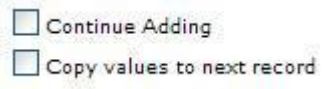
.

Step 3
Enter date manually in the mm/dd/yyyy format or Click on the Calendar Icon and then click on the date. Mandatory fields have a red asterisk *.

Step 4
Select player's name.

Step 5
Enter player's results in Cooper's.

Step 6
Select "Continue Adding" if you are adding additional Cooper's data on player or adding additional Cooper's data on other team mates. This option automatically brings you back to Cooper's, Add New Screen.



Step 7
Select "Copy Values to Next Record" if you would like to save the date information when entering data for the next Cooper's player entry.

Step 8
When you are ready to save the data press "Add".

Repeat steps 1 - 8 to continue adding all Cooper's Data for all players.

Push Ups

Players do as many pushups as possible in 1 minute. Their partner puts their fist below their chest and the player must touch their partner's fist in order for the pushup to count.

Step 1
From the Main Menu the Administrator selects Fitness, Push Ups.

Step 2
To add new data select

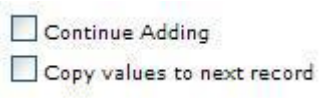
.

Step 3
Enter date manually in the mm/dd/yyyy format or Click on the Calendar Icon and then click on the date. Mandatory fields have a red asterisk *.

Step 4
Select player's name.

Step 5
Enter player's Pushup total.

Step 6
Select "Continue Adding" if you are adding additional Pushup data on player or adding additional Pushup data on other team mates. This option automatically brings you back to Pushup's "Add New" Screen.



Step 7
Select "Copy Values to Next Record" if you would like to save the date information when entering data for the next player's pushup entry.

Step 8
When you are ready to save the data press "Add".

Repeat steps 1 - 8 to continue adding all Pushup Data for all players.

Sit-Ups

Players do as many sit-ups as possible in 1 minute. Their partners may hold their feet if they wish.

Step 1
From the Main Menu the Administrator selects Fitness, Situps.

Step 2
To add new data select

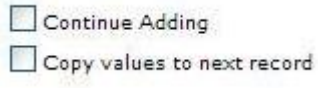
.

Step 3
Enter date manually in the mm/dd/yyyy format or Click on the Calendar Icon and then click on the date. Mandatory fields have a red asterisk *.

Step 4
Select player's name.

Step 5
Enter player's total.

Step 6
Select "Continue Adding" if you are adding additional data on player or adding additional data on other team mates. This option automatically brings you back to "Add New" Screen.



Step 7
Select "Copy Values to Next Record" if you would like to save the date information when entering data for the next player's data entry.

Step 8
When you are ready to save the data press "Add".

Repeat steps 1 - 8 to continue adding all Sit-up Data for all players.

Pullups

Players do as many pull-ups as possible in 1 minute.

Step 1
From the Main Menu the Administrator selects Fitness, Pullups.

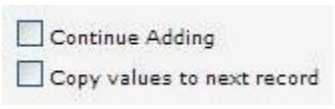
Step 2
To add new data select

.

Step 3
Enter date manually in the mm/dd/yyyy format or Click on the Calendar Icon and then click on the date. Mandatory fields have a red asterisk *.

Step 4
Select player's name.

Step 5
Enter player's total.



Step 6
Select "Continue Adding" if you are adding additional data on player or adding additional data on other team mates. This option automatically brings you back to "Add New" Screen.

Step 7
Select "Copy Values to Next Record" if you would like to save the date information when entering data for the next player's data entry.

Step 8
When you are ready to save the data press "Add".

Repeat steps 1 - 8 to continue adding all Pull-up Data for all players.

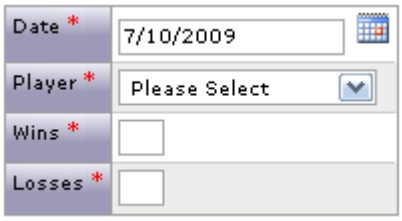
Roman Wrestling

Players lock hands and try to pull each other over a line. They go for 10 attempts and their wins/loses are recorded.

Step 1
From the Main Menu the Administrator selects Fitness, Roman Wrestling.

Step 2
To add new data select

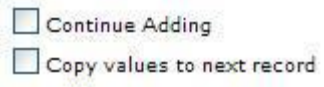
.



Step 3
Enter date manually in the mm/dd/yyyy format or Click on the Calendar Icon and then click on the date. Mandatory fields have a red asterisk *.

Step 4
Select player's name. If a player did not compete in the training challenge do not enter a record for them. Do not create a record and enter zeros.

Step 5
Enter player's win/loss totals.

Step 6


Select "Continue Adding" if you are adding additional data on player or adding additional data on other team mates. This option automatically brings you back to "Add New" Screen.

Step 7
Select "Copy Values to Next Record" if you would like to save the date information when entering data for the next player's data entry.

Step 8
When you are ready to save the data press "Add".

Repeat steps 1 - 8 to continue adding all Roman Wrestling Data for all players.

Competitive

1v1 Top Gun

Player goes 1 V 1 to a cone.

Step 1
From the Main Menu the Administrator selects

,

.

Step 2
To add new data select

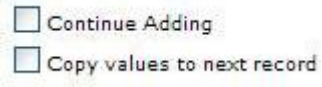
.

Step 3
Enter date manually in the mm/dd/yyyy format or Click on the Calendar Icon and then click on the date. Mandatory fields have a red asterisk *.

Step 4
Select player's name. If a player did not compete in the training challenge do not enter a record for them. Do not create a record and enter zeros.

Step 5
Enter player's win/loss totals.

Step 6
Select "Continue Adding" if you are adding additional data on player or adding additional data on other team mates. This option automatically brings you back to "Add New" Screen.



Step 7
Select "Copy Values to Next Record" if you would like to save the date information when entering data for the next player's data entry.

Step 8
When you are ready to save the data press "Add".

Repeat steps 1 - 8 to continue adding all 1v1 Top Gun Data for all players.

1v1 Big Goal

1V1 Big Goal - Attack: Player attacks a defender 1 V 1 to a regular goal from mid-field.
1V1 Big Goal - Defend: Player defends another player going 1 V 1 to regular goal from mid-field.

Point System:
Attacking Player:
Earns 4 points for scoring a goal.
Earns 3 points for a shot on goal
Earns 2 points for a shot off goal.
Earns 1 point for beating the Defender off the dribble
Earns 0 points for losing the ball to the Defender and not recovering.

Defending Player:
Earns 4 points for stealing the ball from the attacking player.
Earns 3 points when they recover the ball after being beaten of the dribble by attacker.
Earns 2 points when they gave up a shot off goal.
Earns 1 point when they gave up a shot on goal that was unsuccessful.
Earns 0 point if a goal is scored against them.

Step 1
From the Main Menu the Administrator selects Competitive, 1 V 1 Big Goal.

Step 2
To add new data select

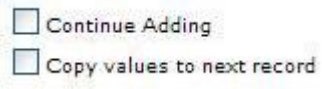
.

Step 3
Enter date manually in the mm/dd/yyyy format or Click on the Calendar Icon and then click on the date. Mandatory fields have a red asterisk *.

Step 4
Select player's name.

Step 5
Click on Attacking and enter Player's Attacking Totals, then click on Defensive and enter player's Defensive totals. Mandatory fields have a red asterisk *.

Step 6
Select "Continue Adding" if you are adding additional data on player or adding additional data on other team mates. This option automatically brings you back to "Add New" Screen.



Step 7
Select "Copy Values to Next Record" if you would like to save the date information when entering data for the next player's data entry.

Step 8
When you are ready to save the data press "Add".

Repeat steps 1 - 8 to continue adding all 1v1 Big Goal Data for all players.

2v1 Games

How many 2V1 games the player has won.

Step 1
From the Main Menu the Administrator selects Competitive, 2 V 1 Games.

Step 2
To add new data select

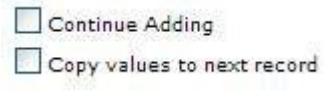
.

Step 3
Enter date manually in the mm/dd/yyyy format or Click on the Calendar Icon and then click on the date. Mandatory fields have a red asterisk *.

Step 4
Select player's name. If a player did not compete in the training challenge do not enter a record for them. Do not create a record and enter zeros.

Step 5
Enter player's Win/Loss totals.

Step 6
Select "Continue Adding" if you are adding additional data on player or adding additional data on other team mates. This option automatically brings you back to "Add New" Screen.



Step 7
Select "Copy Values to Next Record" if you would like to save the date information when entering data for the next player's data entry.

Step 8
When you are ready to save the data press "Add".

Repeat steps 1 - 8 to continue adding all 2v1 Games Data for all players.

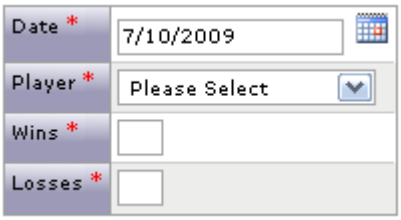
2v2 Games

How many 2V2 games the player has won.

Step 1
From the Main Menu the Administrator selects Competitive, 2 V 2 Games.

Step 2
To add new data select

.

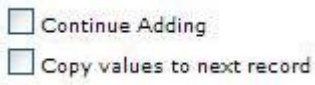


Step 3
Enter date manually in the mm/dd/yyyy format or Click on the Calendar Icon and then click on the date. Mandatory fields have a red asterisk *.

Step 4
Select player's name. If a player did not compete in the training challenge do not enter a record for them. Do not create a record and enter zeros.

Step 5
Enter player's win/loss totals.

Step 6
Select "Continue Adding" if you are adding additional data on player or adding additional data on other team mates. This option automatically brings you back to "Add New" Screen.



Step 7
Select "Copy Values to Next Record" if you would like to save the date information when entering data for the next player's data entry.

Step 8
When you are ready to save the data press "Add".

Repeat steps 1 - 8 to continue adding all 2v2 Games Data for all players.

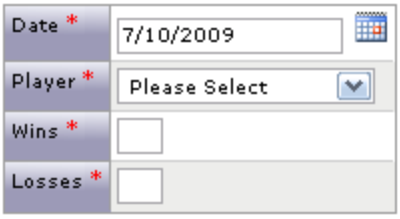
4v4 Games

How many 4v4 games the player has won.

Step 1
From the Main Menu the Administrator selects Competitive, 4 V 4 Games.

Step 2
To add new data select

.

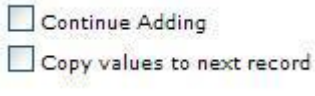


Step 3
Enter date manually in the mm/dd/yyyy format or Click on the Calendar Icon and then click on the date. Mandatory fields have a red asterisk *.

Step 4
Select player's name. If a player did not compete in the training challenge do not enter a record for them. Do not create a record and enter zeros.

Step 5
Enter player's Win/Loss totals.

Step 6
Select "Continue Adding" if you are adding additional data on player or adding additional data on other team mates. This option automatically brings you back to "Add New" Screen.



Step 7
Select "Copy Values to Next Record" if you would like to save the date information when entering data for the next player's data entry.

Step 8
When you are ready to save the data press "Add".

Repeat steps 1 - 8 to continue adding all 4v4 Games Data for all players.

Most Competitive

How many full field scrimmages the player has won.

Step 1
From the Main Menu the Administrator selects

.

Step 2
To add new data select

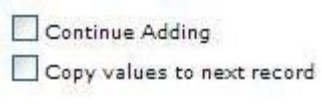
.

Step 3
Enter date manually in the mm/dd/yyyy format or Click on the Calendar Icon and then click on the date. Mandatory fields have a red asterisk *.

Step 4
Select player's name. If a player did not compete in the training challenge do not enter a record for them. Do not create a record and enter zeros.

Step 5
Enter player's Win/Loss totals.

Step 6
Select "Continue Adding" if you are adding additional data on player or adding additional data on other team mates. This option automatically brings you back to "Add New" Screen.



Step 7
Select "Copy Values to Next Record" if you would like to save the date information when entering data for the next player's data entry.

Step 8
When you are ready to save the data press "Add".

Repeat steps 1 - 8 to continue adding all Most Competitive Data for all players.

Bogies

Bogies - Attacking: Players go 1 V 1 from an angle or at the top of the penalty box and try to score. If they score they get 4 points. If they get a shot on goal, they get 3 points. If they shoot but not on goal, they get 2 points. If they beat their defender but fail to get a shot off, they get 1 point. If the defender steals the ball, they get 0 points.

Bogies - Defensive: Players go 1 V 1 from an angle or at the top of the penalty box and try to stop their opponent. If the stop the other player from scoring they get 4 points. If the other player beats them but they stop them from shooting, they get 3 points. If the other player gets a shot off but not on goal, they get 2 points. If the other player gets a shot off on goal, they get 1 point. And if the other player scores, they get 0 points.

Step 1
From the Main Menu the Administrator selects Competitive, Bogies.

Step 2
To add new data select

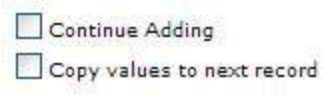
.

Step 3
Enter date manually in the mm/dd/yyyy format or Click on the Calendar Icon and then click on the date. Mandatory fields have a red asterisk *.

Step 4
Select player's name.

Step 5
Select either Attacking or Defending to enter attacking totals and then enter player's defensive totals.

Step 6
Select "Continue Adding" if you are adding additional data on player or adding additional data on other team mates. This option automatically brings you back to "Add New" Screen.



Step 7
Select "Copy Values to Next Record" if you would like to save the date information when entering data for the next player's data entry.

Step 8
When you are ready to save the data press "Add".

Repeat steps 1 - 8 to continue adding all Bogies Data for all players.

AD Heading

Attacking / Defensive Heading: Players line up on the mid-strip with one attacking (trying to flick the ball) and one defending (trying to head it back to server). Balls are chipped at the players for 3 minutes. Each time a flick or a head back is done, that player gets a point. The player with the most points at the end of 3 minutes win.

Step 1
From the Main Menu the Administrator selects Competitive, AD Heading.

Step 2
To add new data select

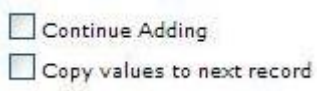
.

Step 3
Enter date manually in the mm/dd/yyyy format or Click on the Calendar Icon and then click on the date. Mandatory fields have a red asterisk *.

Step 4
Select player's name. If a player did not compete in the training challenge do not enter a record for them. Do not create a record and enter zeros.

Step 5
Enter player's Win/Loss totals.

Step 6
Select "Continue Adding" if you are adding additional data on player or adding additional data on other team mates. This option automatically brings you back to "Add New" Screen.



Step 7
Select "Copy Values to Next Record" if you would like to save the date information when entering data for the next player's data entry.

Step 8
When you are ready to save the data press "Add".

Repeat steps 1 - 8 to continue adding all AD Heading Data for all players.

2v2 Heading

Players team up and go against another team in a 12' x 8' grid. Players throw the ball to their teammate and try to head the ball over the other team's goal-line. Once the ball hits the ground or is not headed it turns over to the other team. The team can head that ball back and forth to try to score. They can throw the ball to the teammate and they can just try to head the ball in the goal. They can also throw the ball to the one teammate and they head the ball up in the air for the other teammate to try to then head it in the goal. The team with the most goals after 2 minutes wins.

Step 1
From the Main Menu the Administrator selects Competitive, 2 V 2 Heading.

Step 2
To add new data select

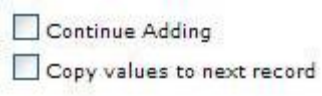
.

Step 3
Enter date manually in the mm/dd/yyyy format or Click on the Calendar Icon and then click on the date. Mandatory fields have a red asterisk *.

Step 4
Select player's name. If a player did not compete in the training challenge do not enter a record for them. Do not create a record and enter zeros.

Step 5
Enter player's Win/Loss totals.

Step 6
Select "Continue Adding" if you are adding additional data on player or adding additional data on other team mates. This option automatically brings you back to "Add New" Screen.



Step 7
Select "Copy Values to Next Record" if you would like to save the date information when entering data for the next player's data entry.

Step 8
When you are ready to save the data press "Add".
Repeat steps 1 - 8 to continue adding all 2v2 Heading Data for all players.

Technical

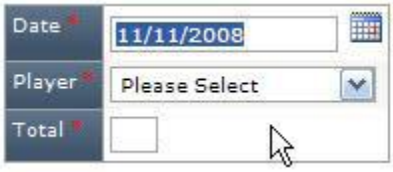
Horseshoes

Players pair up and take turn trying to knock a ball off a cone in the air from 10yrds, 15yrds and 20yrds apart. They play against another pair. They go for 2 mins and their successes are recorded.

Step 1
From the Main Menu the Administrator selects Technical, Horse Shoes.

Step 2
To add new data select

.

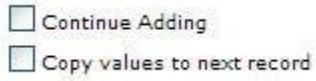


Step 3
Enter date manually in the mm/dd/yyyy format or Click on the Calendar Icon and then click on the date. Mandatory fields have a red asterisk *.

Step 4
Select player's name.

Step 5
Enter player's total.

Step 6
Select "Continue Adding" if you are adding additional data on player or adding additional data on other team mates. This option automatically brings you back to "Add New" Screen.



Step 7
Select "Copy Values to Next Record" if you would like to save the date information when entering data for the next player's data entry.

Step 8
When you are ready to save the data press "Add".

Repeat steps 1 - 8 to continue adding all Horseshoes Data for all players.

Figure 8 Dribbling

How many turns a player can do with the soccer ball between 10 yard cones in 1 minute in a figure 8. Test using inside surface and outside surface.

Step 1
From the Main Menu the Administrator selects

.

Step 2
To add new data select

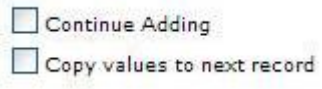
.

Step 3
Enter date manually in the mm/dd/yyyy format or Click on the Calendar Icon and then click on the date. Mandatory fields have a red asterisk *.

Step 4
Select player's name.

Step 5
Enter player's totals for Inside Turns Made and then enter totals for Outside Turns Made.

Step 6
Select "Continue Adding" if you are adding additional data on player or adding additional data on other team mates. This option automatically brings you back to "Add New" Screen.



Step 7
Select "Copy Values to Next Record" if you would like to save the date information when entering data for the next player's data entry.

Step 8
When you are ready to save the data press "Add".

Repeat steps 1 - 8 to continue adding all Figure 8 Dribbling Data for all players.

Swedish Test

How many turns a player can do with the soccer ball between 10 yard cones in 1 minute.

Step 1
From the Main Menu the Administrator selects Technical, Swedish Test.

Step 2
To add new data select

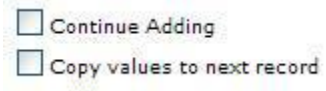
.

Step 3
Enter date manually in the mm/dd/yyyy format or Click on the Calendar Icon and then click on the date. Mandatory fields have a red asterisk *.

Step 4
Select player's name.

Step 5
Enter player's totals.

Step 6
Select "Continue Adding" if you are adding additional data on player or adding additional data on other team mates. This option automatically brings you back to "Add New" Screen.



Step 7
Select "Copy Values to Next Record" if you would like to save the date information when entering data for the next player's data entry.

Step 8
When you are ready to save the data press "Add".

Repeat steps 1 - 8 to continue adding all Swedish Test Data for all players.

Passing Test

Players pass between 2 goals from 10yds away for 2 minutes. Their total goals are recorded.

Step 1
The Administrator selects "Passing Test" in box on the left.

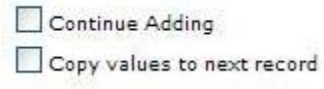
Step 2
To add new data select

.

Step 3
Enter date manually in the mm/dd/yyyy format or Click on the Calendar Icon and then click on the date. Mandatory fields have a red asterisk *.

Step 4
Select player's name.

Step 5
Enter player's totals.



Step 6
Select "Continue Adding" if you are adding additional data on player or adding additional data on other team mates. This option automatically brings you back to "Add New" Screen.

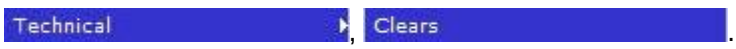
Step 7
Select "Copy Values to Next Record" if you would like to save the date information when entering data for the next player's data entry.

Step 8
When you are ready to save the data press "Add".

Repeat steps 1 - 8 to continue adding all Passing Test Data for all players.

Clears

Players are graded on how well they can clear balls from the ground and air. Players are trying to clear the balls high and far. If they clear the ball past the server, they get an A. If they clear the ball in front of the server, they get a B. If they clear the ball a little before the server, they get a C. If they clear the ball just before themselves, they get a D. If ball goes behind them on a clear, they get a F.

Step 1
From the Main Menu the Administrator selects 

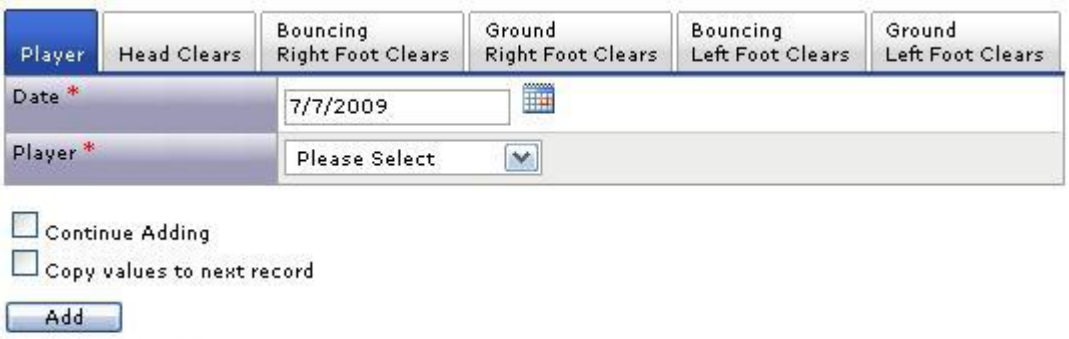
.

Step 2
To add new data select

.

Step 3

Enter date manually in the mm/dd/yyyy format or Click on the Calendar Icon and then click on the date. Mandatory fields have a red asterisk *.

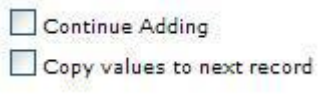


Step 4

Select player's name.

Step 5

Select Head Clears, Bouncing Right Foot Clears, Ground Right Foot Clears, Bouncing Left Foot Clears or Ground Left Foot Clears to enter totals.



Step 6

Select "Continue Adding" if you are adding additional data on player or adding additional data on other team mates. This option automatically brings you back to "Add New" Screen.

Step 7

Select "Copy Values to Next Record" if you would like to save the date information when entering data for the next player's data entry.

Step 8

When you are ready to save the data press "Add".

Repeat steps 1 - 8 to continue adding all Clears Data for all players.

Mirrors

Players try to fake/feint another player to get to a cone on either side. If the player gets to the cone first before the other player, they get a point. Players play for 1 min and then switch.

Step 1

From the Main Menu the Administrator selects Technical, Mirrors.

Step 2

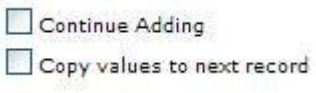
To add new data select

.

Step 3
Enter date manually in the mm/dd/yyyy format or Click on the Calendar Icon and then click on the date. Mandatory fields have a red asterisk *.

Step 4
Select player's name. If a player did not compete in the training challenge do not enter a record for them. Do not create a record and enter zeros.

Step 5
Enter player's Win/Loss totals.



Step 6
Select "Continue Adding" if you are adding additional data on player or adding additional data on other team mates. This option automatically brings you back to "Add New" Screen.

Step 7
Select "Copy Values to Next Record" if you would like to save the date information when entering data for the next player's data entry.

Step 8
When you are ready to save the data press "Add".

Repeat steps 1 - 8 to continue adding all Mirrors Data for all players.

Power Heading

Players serve their teammate in the air and they try to head the ball as far as they can. Place cones every 5 yards to mark the players heading distance. Go for 2 minutes and switch.

Step 1
From the Main Menu the Administrator selects

,

.

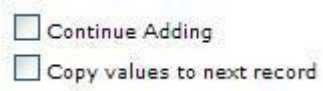
Step 2
To add new data select

.

Step 3
Enter date manually in the mm/dd/yyyy format or Click on the Calendar Icon and then click on the date. Mandatory fields have a red asterisk *.

Step 4
Select player's name.

Step 5
Enter player's totals.



Step 6
Select "Continue Adding" if you are adding additional data on player or adding additional data on other team mates. This option automatically brings you back to "Add New" Screen.

Step 7
Select "Copy Values to Next Record" if you would like to save the date information when entering data for the next player's data entry.

Step 8
When you are ready to save the data press "Add".

Repeat steps 1 - 8 to continue adding all Power Heading Data for all players.

Long Service

Players get 4 long services with each foot. The average is taken for the distance they can kick the ball.

Step 1
From the Main Menu the Administrator selects Technical, Long Service.

Step 2
To add new data select

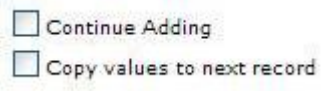
.

Step 3
Enter date manually in the mm/dd/yyyy format or Click on the Calendar Icon and then click on the date. Mandatory fields have a red asterisk *.

Step 4
Select player's name.

Step 5
Select Right Foot and/or Left Foot to Enter Player's Totals.

Step 6
Select "Continue Adding" if you are adding additional data on player or adding additional data on other team mates. This option automatically brings you back to "Add New" Screen.



Step 7
Select "Copy Values to Next Record" if you would like to save the date information when entering data for the next player's data entry.

Step 8
When you are ready to save the data press "Add".

Repeat steps 1 - 8 to continue adding all Long Service Data for all players.

Long Service Reception

Players chip the ball between partners and see how may times they can take the ball out of the air and juggle with it. If the player touches the ball in a control fashion before it hits the ground, they get a point. Chests are worth 5 points and any other touch is worth 1 point. Players go for 3 minutes at 20 yards, 40 yards and 60 yards distances.

Step 1
From the Main Menu the Administrator selects Technical, Long Serv Long Rec.

Step 2
To add new data select

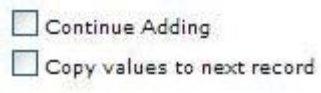
.

Step 3
Enter date manually in the mm/dd/yyyy format or Click on the Calendar Icon and then click on the date.

Step 4
Select player's name.

Step 5
Enter player's total.

Step 6
Select "Continue Adding" if you are adding additional data on player or adding additional data on other team mates. This option automatically brings you back to "Add New" Screen.



Step 7
Select "Copy Values to Next Record" if you would like to save the date information when entering data for the next player's data entry.

Step 8
When you are ready to save the data press "Add".

Repeat steps 1 - 8 to continue adding all Long Service Rec Data for all players.

Juggles

Juggles (Feet - Surfaces): Players juggle trying to hit all 14 body parts without the ball hitting the ground or the player using their hands.

Juggles (Head): Players use only their head to juggle the ball without the ball hitting the ground or the player using their hands.

Step 1
From the Main Menu the Administrator selects Technical, Juggles.

Step 2
To add new data select

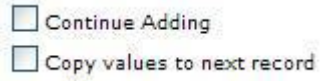
.

Step 3
Enter date manually in the mm/dd/yyyy format or Click on the Calendar Icon and then click on the date. Mandatory fields have a red asterisk *.

Step 4
Select player's name.

Step 5
Enter player's Juggling total for Feet and Head.

Step 6
Select "Continue Adding" if you are adding additional data on player or adding additional data on other team mates. This option automatically brings you back to "Add New" Screen.



Step 7
Select "Copy Values to Next Record" if you would like to save the date information when entering data for the next player's data entry.

Step 8
When you are ready to save the data press "Add".

Repeat steps 1 - 8 to continue adding all Juggles Data for all players.

Finishing/Shooting

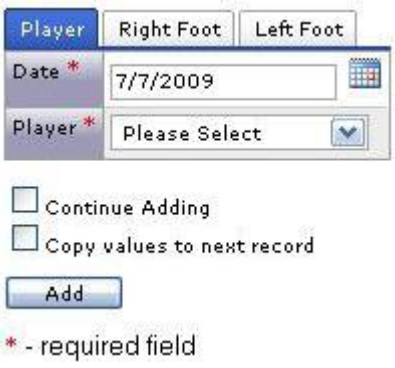
Speed Gun

Players shoot as hard as they can with inside left/right, outside left/right and left/right laces. 3 attempts are made with each surface and an average is taken for each.

Step 1
From the Main Menu the Administrator selects Finishing/Shooting, Speed Gun.

Step 2
To add new data select

.

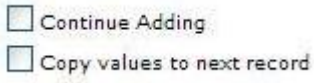


Step 3
Enter date manually in the mm/dd/yyyy format or Click on the Calendar Icon and then click on the date. Mandatory fields have a red asterisk *.

Step 4
Select player's name.

Step 5
Select Right Foot and/or Left Foot and Enter Player's totals

Step 6
Select "Continue Adding" if you are adding additional data on player or adding additional data on other team mates. This option automatically brings you back to "Add New" Screen.



Step 7
Select "Copy Values to Next Record" if you would like to save the date information when entering data for the next player's data entry.

Step 8
When you are ready to save the data press "Add".

Repeat steps 1 - 8 to continue adding all Speed Gun Data for all players.

Bending Balls

Players from the intersection of the 18 yard line and the touch line. They shoot 4 balls with their inside right, outside left and inside left, outside right (from other side). They get a point for each goal they score.

Step 1
From the Main Menu the Administrator selects Finishing/Shooting, Bending Balls.

Step 2
To add new data select

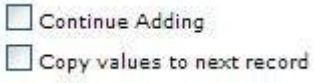
.

Step 3
Enter date manually in the mm/dd/yyyy format or Click on the Calendar Icon and then click on the date. Mandatory fields have a red asterisk *.

Step 4
Select player's name.

Step 5
Select Right Foot and/or Left Foot to Enter Player's totals.

Step 6
Select "Continue Adding" if you are adding additional data on player or adding additional data on other team mates. This option automatically brings you back to "Add New" Screen.



Step 7
Select "Copy Values to Next Record" if you would like to save the date information when entering data for the next player's data entry.

Step 8
When you are ready to save the data press "Add".

Repeat steps 1 - 8 to continue adding all Bending Balls Data for all players.

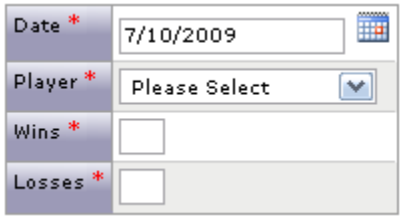
Long Range Shooting

Players go 1 V 1 using big goals from 36 yards apart. They go for 3 minutes and the players that scores the most wins.

Step 1
From the Main Menu the Administrator selects Finishing/Shooting, Long Range Shooting.

Step 2
To add new data select

.

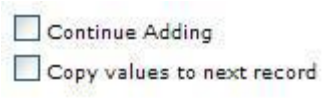


Step 3
Enter date manually in the mm/dd/yyyy format or Click on the Calendar Icon and then click on the date. Mandatory fields have a red asterisk *.

Step 4
Select player's name. If a player did not compete in the training challenge do not enter a record for them. Do not create a record and enter zeros.

Step 5
Enter player's Win/Loss totals.

Step 6
Select "Continue Adding" if you are adding additional data on player or adding additional data on other team mates. This option automatically brings you back to "Add New" Screen.



Step 7
Select "Copy Values to Next Record" if you would like to save the date information when entering data for the next player's data entry.

Step 8
When you are ready to save the data press "Add".

Repeat steps 1 - 8 to continue adding all Long Range Shooting Data for all players.

Break Away Finishing

Players have 5 seconds to score from different angles to goal against a keeper.

Step 1
From the Main Menu the Administrator selects Finishing/Shooting, Breakaway Finishing.

Step 2
To add new data select

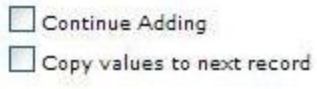
.

Step 3
Enter date manually in the mm/dd/yyyy format or Click on the Calendar Icon and then click on the date. Mandatory fields have a red asterisk *.

Step 4
Select player's name. If a player did not compete in the training challenge do not enter a record for them. Do not create a record and enter zeros.

Step 5
Enter attempts made and attempts missed.

Step 6
Select "Continue Adding" if you are adding additional data on player or adding additional data on other team mates. This option automatically brings you back to "Add New" Screen.



Step 7
Select "Copy Values to Next Record" if you would like to save the date information when entering data for the next player's data entry.

Step 8
When you are ready to save the data press "Add".

Repeat steps 1 - 8 to continue adding all Break Away Finishing Data for all players.

Volley

Players attempt to score with volleys. Right and Left crosses are done and they go for 3 minutes. Each goal is worth a point and players can score using their head.

Step 1
From the Main Menu the Administrator selects Finishing/Shooting, Volleys.

Step 2
To add new data select

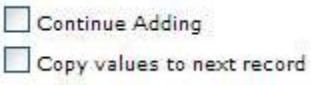
.

Step 3
Enter date manually in the mm/dd/yyyy format or Click on the Calendar Icon and then click on the date. Mandatory fields have a red asterisk *.

Step 4
Select player's name.

Step 5
Enter player's total.

Step 6
Select "Continue Adding" if you are adding additional data on player or adding additional data on other team mates. This option automatically brings you back to "Add New" Screen.



Step 7
Select "Copy Values to Next Record" if you would like to save the date information when entering data for the next player's data entry.

Step 8
When you are ready to save the data press "Add".

Repeat steps 1 - 8 to continue adding all Volley Data for all players.

3 Tier Shooting

Players shoot 1 long range shot, 1 finesse shot and 1 with their head. Players go 3 times and an average is taken for each category.

Step 1
From the Main Menu the Administrator selects Finishing/Shooting, 3 Tier Shooting.

Step 2
To add new data select

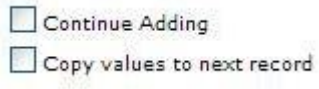
.

Step 3
Enter date manually in the mm/dd/yyyy format or Click on the Calendar Icon and then click on the date. Mandatory fields have a red asterisk *.

Step 4
Select player's name.

Step 5
Enter player's total.

Step 6
Select "Continue Adding" if you are adding additional data on player or adding additional data on other team mates. This option automatically brings you back to "Add New" Screen.



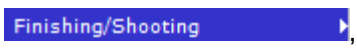
Step 7
Select "Copy Values to Next Record" if you would like to save the date information when entering data for the next player's data entry.

Step 8
When you are ready to save the data press "Add".

Repeat steps 1 - 8 to continue adding all 3 Tier Shooting Data for all players.

4 Tier Shooting

Players shoot from 4 different area's on the field about 18-20 yards from goal. One from the left and right outside of the goal and one from the left and right inside of the goal. An average is taken for each category.

Step 1
From the Main Menu the Administrator selects 

.

Step 2
To add new data select

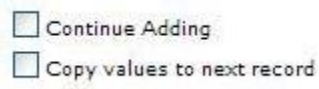
.

Step 3
Enter date manually in the mm/dd/yyyy format or Click on the Calendar Icon and then click on the date. Mandatory fields have a red asterisk *.

Step 4
Select player's name.

Step 5
Select Right Foot Shot and or Left Foot Shot and enter player's totals.

Step 6
Select "Continue Adding" if you are adding additional data on player or adding additional data on other team mates. This option automatically brings you back to "Add New" Screen.



Step 7
Select "Copy Values to Next Record" if you would like to save the date information when entering data for the next player's data entry.

Step 8
When you are ready to save the data press "Add".

Repeat steps 1 - 8 to continue adding all 4 Tier Shooting Data for all players.

Penalty Kicks

How many penalty kicks the player has made. These are shots at the keeper from 12yrds away from the goal.

Step 1
From the Main Menu the Administrator selects Finishing/Shooting, Penalty Kicks.

Step 2
To add new data select

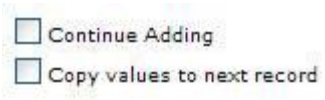
.

Step 3
Enter date manually in the mm/dd/yyyy format or Click on the Calendar Icon and then click on the date. Mandatory fields have a red asterisk *.

Step 4
Select player's name. If a player did not compete in the training challenge do not enter a record for them. Do not create a record and enter zeros.

Step 5
Enter attempts made and attempts missed.

Step 6
Select "Continue Adding" if you are adding additional data on player or adding additional data on other team mates. This option automatically brings you back to "Add New" Screen.



Step 7
Select "Copy Values to Next Record" if you would like to save the date information when entering data for the next player's data entry.

Step 8
When you are ready to save the data press "Add".

Repeat steps 1 - 8 to continue adding all Penalty Kick Data for all players.

Rankings

Player Final Rankings ranks players by comparing their individual challenge results to that of their teammates. Rankings are to be used as a means of helping players identify skills that need improvement. It is not intended as a tool of exclusion as it is only one tool in the player evaluation process.

Player Final Rankings

From the Main Menu the Administrator selects

.

This report lists all players and their challenge results. The player rankings are in order based on each player's average of their individual combined challenge results. As a reminder, If a player did not compete in a training challenge do not enter a record for them. Do not create a record and enter zeros.

The player's current season combined ranking is listed in the first column. Players' individual challenge rankings are listed in the individual challenge columns. Prior season rankings and results will be listed in parenthesis ( ). Challenge results are weighted based on their importance to the sport. Weightings are listed as *1, *2, *3, or *4.

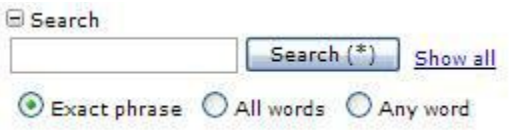
OSTS' Youth Version allows the Administrator or privileged users to view all players and their rankings. Players are only allowed access to their own Ranking Records.

Print Player Final Rankings Comprehensive Report

To print the entire player final rankings report (including all comparative team data) select the printer icon . Right click on your mouse. Select print preview. Select Page Setup, legal paper size, landscape orientation, custom shrink to fit at 56% and then select print document.

Print an individual Player's Final Ranking Report

To print one player's Final Ranking Report without other teammate information visible enter the players name into the Search box.



Select the printer icon , select the printer function from your browser/desktop.

Display a Select Number of Players

To print or display a select number of player (ie the top 3 players, the top 5 players, etc) select Page Size and then the number of players you would like to display.

Fitness Rankings

From the Main Menu the Administrator selects Rankings, Fitness Rankings and the specific Final Fitness Drill Rankings desired .

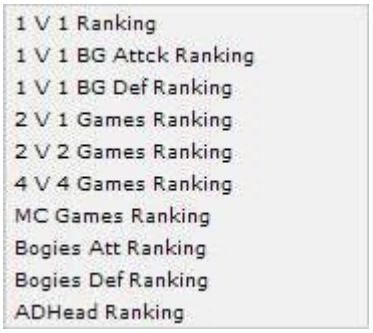
Player's names will be listed in the left hand column next to their average recorded result. The player's final ranking in the drill will be listed next.

Player	Avg	Ranking
Wray, Elizabeth	56.00	1
Grubel, Ally	36.00	2
Sweredoski, Ashley	35.00	3
Smith, Brandi	34.00	4
Bistany, Laura	34.00	4
Murtagh, Cameron	33.00	6
Wunderlick, Shonte	32.00	7
Jones, Jamie	30.00	8
Bellucci, Samantha	28.00	9
Errington, Tarah	18.00	10
Bahar, Tori	16.00	11

Page 1 of 1 Records 1 to 11 of 11

Competitive Rankings

From the Main Menu the Administrator selects Rankings, Competitive Rankings and the specific Final Competitive Drill Rankings desired .


1 V 1 Ranking
1 V 1 BG Attck Ranking
1 V 1 BG Def Ranking
2 V 1 Games Ranking
2 V 2 Games Ranking
4 V 4 Games Ranking
MC Games Ranking
Bogies Att Ranking
Bogies Def Ranking
ADHead Ranking

Player's names will be listed in the left hand column next to their average recorded result. The player's final ranking in the drill will be listed next.

Player	%	Ranking
Patters, Kelly	100	1
Hamlin, Rebecca	100	1
Wunderlick, Shonte	100	1
Sweredoski, Ashley	67	4
Hill, AC	67	4
Bistany, Laura	67	4
Bahar, Tori	67	4
Kirk, Jessica	67	4
Wray, Elizabeth	50	9
Grubel, Ally	50	9
Errington, Tarah	33	11
Moten, Pegah	33	11
Hamlin, Megan	33	11
Smith, Brandi	17	14
Bellucci, Samantha	17	14
Murtagh, Cameron	17	14
Jones, Jamie	0	17

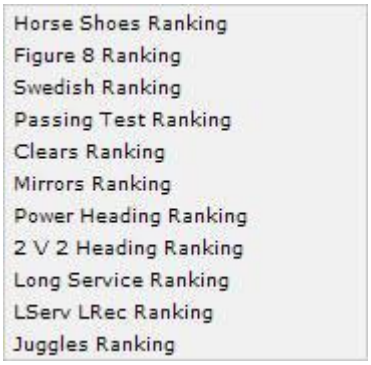
Page 1 of 1 Records 1 to 17 of 17

Technical Rankings

From the Main Menu the Administrator selects

,

and the specific Final Technical Drill Rankings desired .



Player's names will be listed in the left hand column next to their average recorded result. The player's final ranking in the drill will be listed next.

Player	%	Ranking
Patters, Kelly	100	1
Hamlin, Rebecca	100	1
Wunderlick, Shonte	100	1
Sweredoski, Ashley	67	4
Hill, AC	67	4
Bistany, Laura	67	4
Bahar, Tori	67	4
Kirk, Jessica	67	4
Wray, Elizabeth	50	9
Grubel, Ally	50	9
Errington, Tarah	33	11
Moten, Pegah	33	11
Hamlin, Megan	33	11
Smith, Brandi	17	14
Bellucci, Samantha	17	14
Murtagh, Cameron	17	14
Jones, Jamie	0	17

Page 1 of 1 Records 1 to 17 of 17

Final Shooting/Finishing Rankings

From the Main Menu the Administrator selects Rankings, Finishing/Shooting Rankings and the specific Final Finishing/Shooting Ranking desired .

Player's names will be listed in the left hand column next to their average recorded result. The player's final ranking in the drill will be listed next.

Player	%	Ranking
Patters, Kelly	100	1
Hamlin, Rebecca	100	1
Wunderlick, Shonte	100	1
Sweredoski, Ashley	67	4
Hill, AC	67	4
Bistany, Laura	67	4
Bahar, Tori	67	4
Kirk, Jessica	67	4
Wray, Elizabeth	50	9
Grubel, Ally	50	9
Errington, Tarah	33	11
Moten, Pegah	33	11
Hamlin, Megan	33	11
Smith, Brandi	17	14
Bellucci, Samantha	17	14
Murtagh, Cameron	17	14
Jones, Jamie	0	17

Page 1 of 1 Records 1 to 17 of 17

Printing Challenge Templates

The Administrator can create and print challenge templates to assist the coach in recording player results at each practice session.

Template Description Setup

The Administrator can edit the description of the Challenges. Each challenge template is set to a default description.

To edit the challenge description select Challenge Descriptions, select the edit icon next to the challenge you'd like to edit.

Printing Challenge Templates

Select Print Templates , select the Challenge Category desired (Competitive, Technical, Finishing/Shooting). Select the challenge name of the template you would like to print.

Select the printer icon next to the challenge name, select the printer function from your browser/desktop.

Print or Display a Select Number of Players

To print or display a select number of player (ie the top 3 players, the top 5 players, etc) select Page Size and then the number of players you would like to display.

Select the printer icon , select the printer function from your browser/desktop.

Speed Ladder Template

Page 1 of 1 Records 1 to 18 of 18 Page Size 30

Player	RANKING
Bahar, Tori	
Bellucci, Samantha	
Bistany, Laura	
Errington, Tarah	
Grubel, Ally	
Hamlin, Megan	
Hamlin, Rebecca	
Hill, AC	
Jones, Jamie	
Kirk, Jessica	
Moten, Pegah	
Murtagh, Cameron	
Patters, Kelly	
Piccirille, Erin	
Smith, Brandi	
Sweredoski, Ashley	
Wray, Elizabeth	
Wunderlick, Shonte	

Page 1 of 1 Records 1 to 18 of 18 Page Size 30

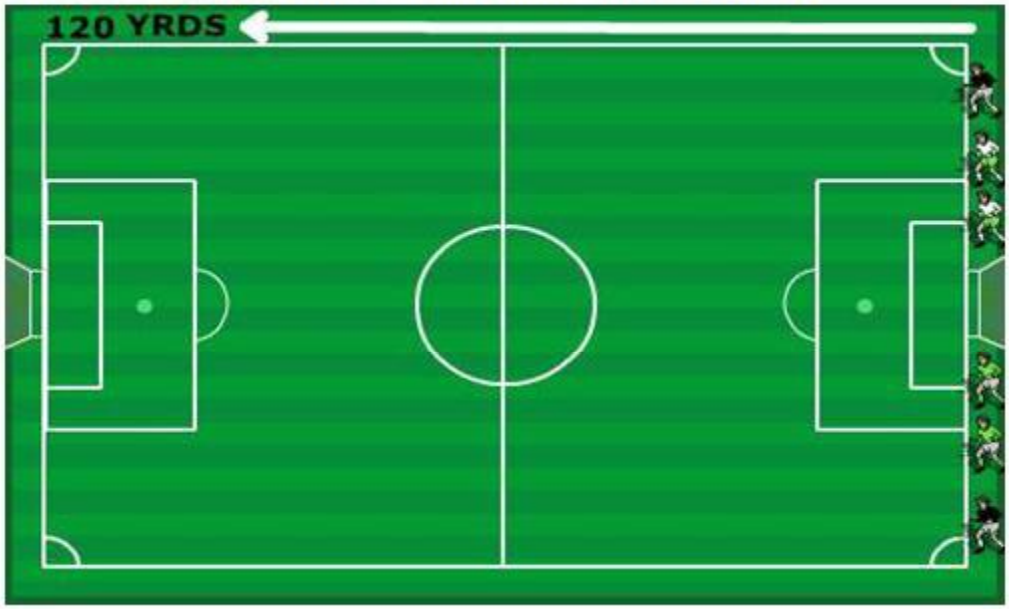
120s Template

Page 1 of 1 Records 1 to 18 of 18 Page Size 30

Player	RUNS
Bahar, Tori	
Bellucci, Samantha	
Bistany, Laura	
Errington, Tarah	
Grubel, Ally	
Hamlin, Megan	
Hamlin, Rebecca	
Hill, AC	
Jones, Jamie	
Kirk, Jessica	
Moten, Pegah	
Murtagh, Cameron	
Patters, Kelly	
Piccirille, Erin	
Smith, Brandi	
Sweredoski, Ashley	
Wray, Elizabeth	
Wunderlick, Shonte	

Page 1 of 1 Records 1 to 18 of 18 Page Size 30

120's: Players run 120 yards in 18 seconds then jog back in 30 seconds. They have 30 seconds rest and then they go again. Players get a 60sec rest after runs 3, 6 and 9. Between 5 - 10 sets are attempted.



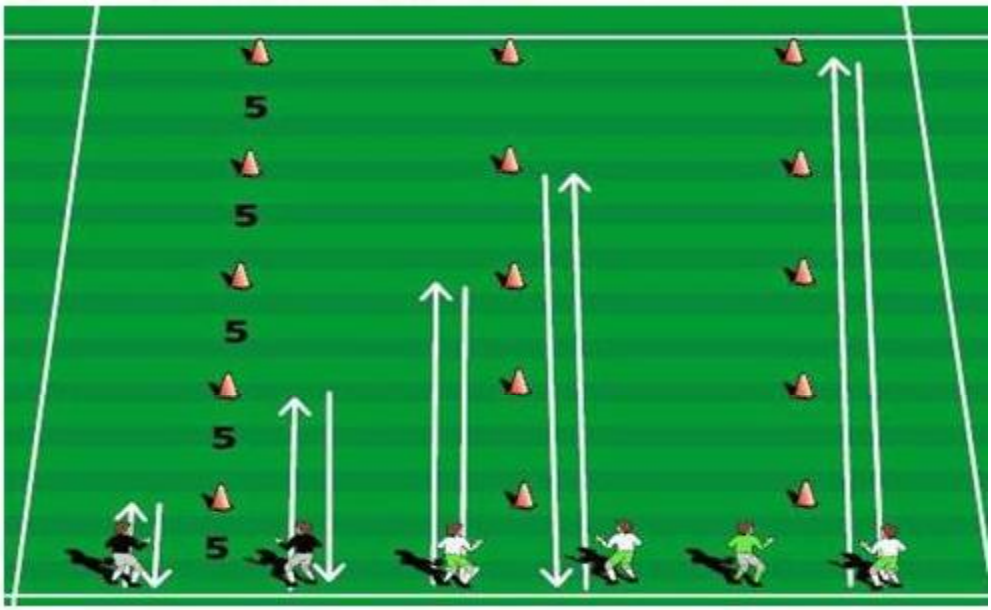
Cones Template

Page 1 of 1 Records 1 to 18 of 18 Page Size 30

Player	CONES
Bahar, Tori	
Bellucci, Samantha	
Bistany, Laura	
Errington, Tarah	
Grubel, Ally	
Hamlin, Megan	
Hamlin, Rebecca	
Hill, AC	
Jones, Jamie	
Kirk, Jessica	
Moten, Pegah	
Murtagh, Cameron	
Patters, Kelly	
Piccirille, Erin	
Smith, Brandi	
Sweredoski, Ashley	
Wray, Elizabeth	
Wunderlick, Shonte	

Page 1 of 1 Records 1 to 18 of 18 Page Size 30

Cones: Players have 48 seconds to run 5 suicides. They rest for 20 seconds and then go again. Between 5 - 10 sets are attempted. Allow rest of 60 seconds between runs 3, 6 and 9.



Beep Template

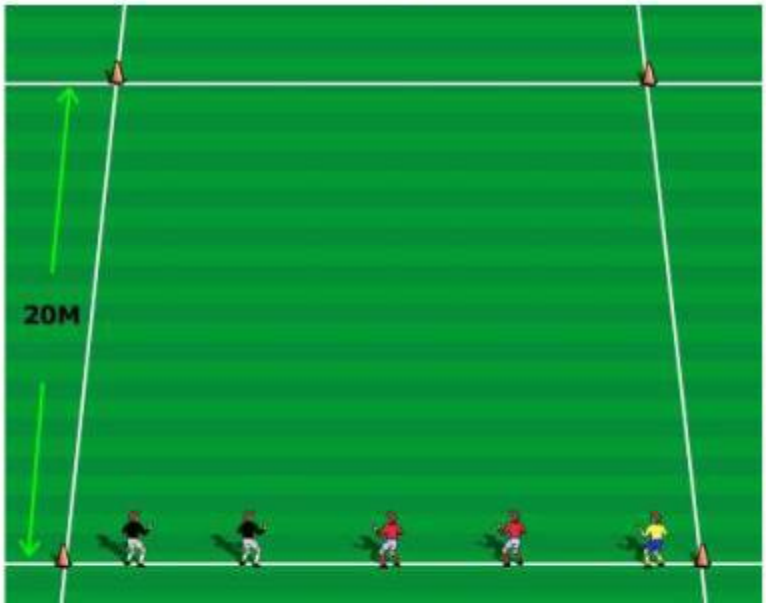
Page 1 of 1 Records 1 to 18 of 18 Page Size 30

Player	RANK
Bahar, Tori	
Bellucci, Samantha	
Bistany, Laura	
Errington, Tarah	
Grubel, Ally	
Hamlin, Megan	
Hamlin, Rebecca	
Hill, AC	
Jones, Jamie	
Kirk, Jessica	
Moten, Pegah	
Murtagh, Cameron	
Patters, Kelly	
Piccirille, Erin	
Smith, Brandi	
Sweredoski, Ashley	
Wray, Elizabeth	
Wunderlick, Shonte	

Page 1 of 1 Records 1 to 18 of 18 Page Size 30

Beep Test: Players run between 2 parallel lines 20meters apart (65.6 ft). The speed up according to a beep from a boom box. The beeps get faster as the time increases.
When a player fails to get to the line within the beep they are done and their level is recorded.
The higher the level the better. More information and to download the beeptest http://www.thebeeptest.com/index.html

	men	women
excellent	> 13	> 12
very good	11 - 13	10 - 12
good	9 - 11	8 - 10
average	7 - 9	6 - 8
poor	5 - 7	4 - 6
very poor	< 5	< 4



Cooper Template

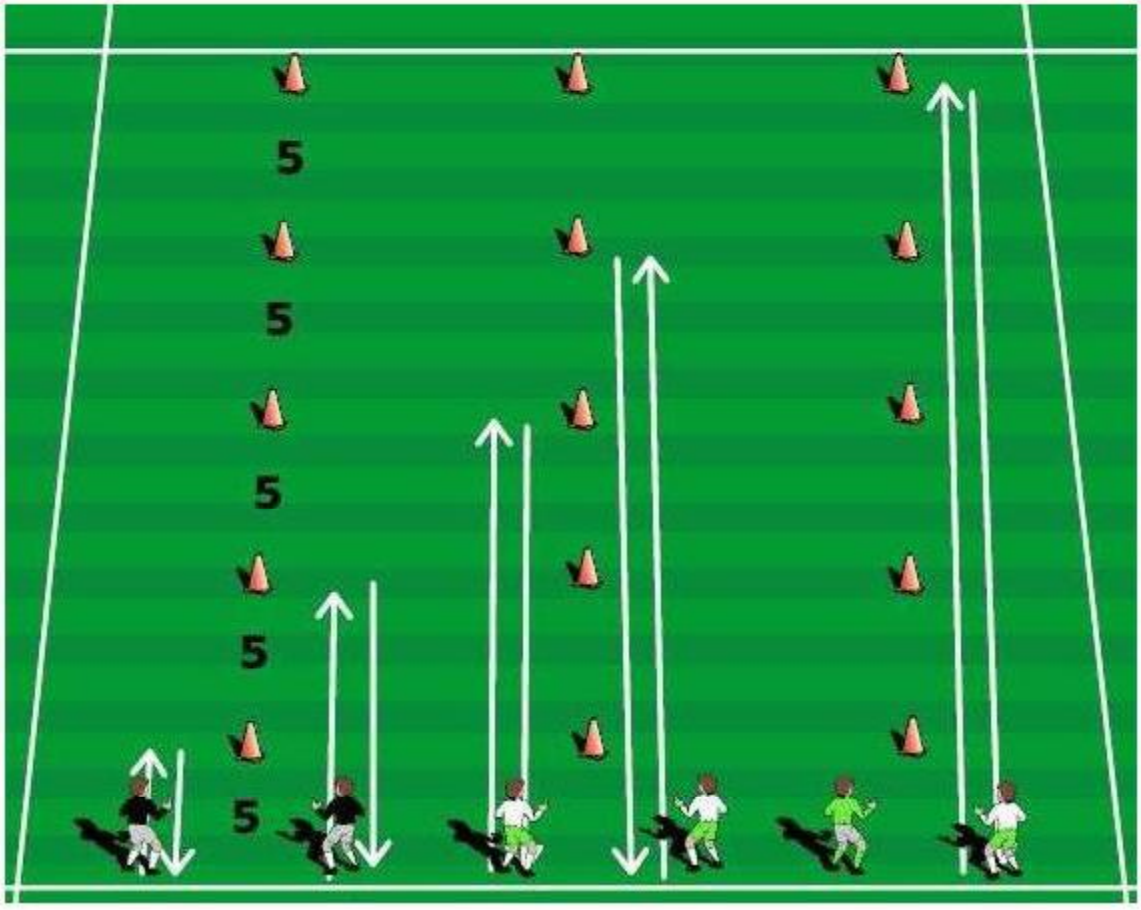
Page 1 of 1 Records 1 to 18 of 18 Page Size 30

Player	RANK
Bahar, Tori	
Bellucci, Samantha	
Bistany, Laura	
Errington, Tarah	
Grubel, Ally	
Hamlin, Megan	
Hamlin, Rebecca	
Hill, AC	
Jones, Jamie	
Kirk, Jessica	
Moten, Pegah	
Murtagh, Cameron	
Patters, Kelly	
Piccirille, Erin	
Smith, Brandi	
Sweredoski, Ashley	
Wray, Elizabeth	
Wunderlick, Shonte	

Page 1 of 1 Records 1 to 18 of 18 Page Size 30

Cooper: Players run around the track in 12 minutes. Their laps are recorded.

Cones: Players have 48 seconds to run 5 suicides. They rest for 20 seconds and then go again. Between 5 - 10 sets are attempted. Allow rest of 60 seconds between runs 3, 6 and 9.



Roman Template

Page 1 of 1 Records 1 to 25 of 25 Page Size 30

Player	RANK
Player, Alyson	
Player, Amy	
Player, Andrea	
Player, Anna	
Player, Caitlin	
Player, Cat	
Player, Danielle	
Player, Danny	
Player, Jennifer	
Player, Kailee	
Player, Kelli	
Player, Kelly	
Player, Kristin	
Player, Leah	
Player, Lindsey	
Player, Lyndse	
Player, Natalie	
Player, Nicole	
Player, Nicole	
Player, Rebekah	
Player, Sarah	
Player, Shelbi	
Player, Spencer	
Player, Stephanie	
Player, Tara	

Page 1 of 1 Records 1 to 25 of 25 Page Size 30

Roman Wrestling: Players lock hands and try to pull each other over a line. They go for 10 attempts and their wins/loses are recorded.

Pushup Template

Page 1 of 1 Records 1 to 18 of 18 Page Size 30

Player	PUSHUPS
Bahar, Tori	
Bellucci, Samantha	
Bistany, Laura	
Errington, Tarah	
Grubel, Ally	
Hamlin, Megan	
Hamlin, Rebecca	
Hill, AC	
Jones, Jamie	
Kirk, Jessica	
Moten, Pegah	
Murtagh, Cameron	
Patters, Kelly	
Piccirille, Erin	
Smith, Brandi	
Sweredoski, Ashley	
Wray, Elizabeth	
Wunderlick, Shonte	

Page 1 of 1 Records 1 to 18 of 18 Page Size 30

Situp Template

Page 1 of 1 Records 1 to 18 of 18 Page Size 30

Player	SITUPS
Bahar, Tori	
Bellucci, Samantha	
Bistany, Laura	
Errington, Tarah	
Grubel, Ally	
Hamlin, Megan	
Hamlin, Rebecca	
Hill, AC	
Jones, Jamie	
Kirk, Jessica	
Moten, Pegah	
Murtagh, Cameron	
Patters, Kelly	
Piccirille, Erin	
Smith, Brandi	
Sweredoski, Ashley	
Wray, Elizabeth	
Wunderlick, Shonte	

Page 1 of 1 Records 1 to 18 of 18 Page Size 30

Pullup Template

Page 1 of 1 Records 1 to 18 of 18 Page Size 30

Player	PULLUPS
Bahar, Tori	
Bellucci, Samantha	
Bistany, Laura	
Errington, Tarah	
Grubel, Ally	
Hamlin, Megan	
Hamlin, Rebecca	
Hill, AC	
Jones, Jamie	
Kirk, Jessica	
Moten, Pegah	
Murtagh, Cameron	
Patters, Kelly	
Piccirille, Erin	
Smith, Brandi	
Sweredoski, Ashley	
Wray, Elizabeth	
Wunderlick, Shonte	

Page 1 of 1 Records 1 to 18 of 18 Page Size 30

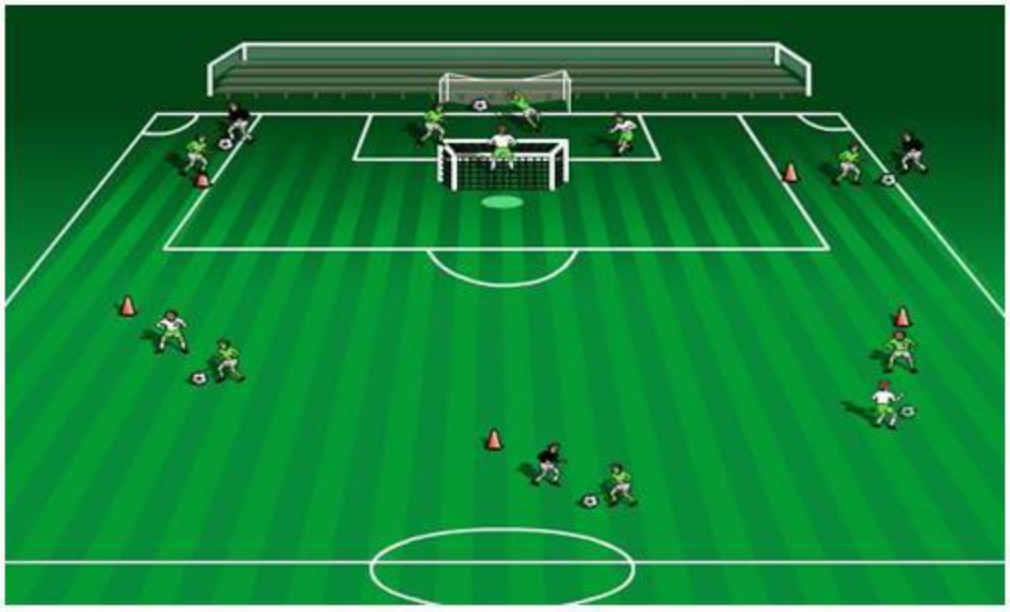
1V1 Template

Page 1 of 1 Records 1 to 18 of 18 Page Size 30

Player	WINS	LOSTS
Bahar, Tori		
Bellucci, Samantha		
Bistany, Laura		
Errington, Tarah		
Grubel, Ally		
Hamlin, Megan		
Hamlin, Rebecca		
Hill, AC		
Jones, Jamie		
Kirk, Jessica		
Moten, Pegah		
Murtagh, Cameron		
Patters, Kelly		
Piccirille, Erin		
Smith, Brandi		
Sweredoski, Ashley		
Wray, Elizabeth		
Wunderlick, Shonte		

Page 1 of 1 Records 1 to 18 of 18 Page Size 30

Players go 1 v 1 to a cone for 2 minutes. Keeping score. After 2 min whoever has the most goals wins



1V1 Big Goal Template

Page 1 of 1 Records 1 to 18 of 18 Page Size 30

Player	ATTACKING	DEFENSIVE
Bahar, Tori		
Bellucci, Samantha		
Bistany, Laura		
Errington, Tarah		
Grubal, Ally		
Hamlin, Megan		
Hamlin, Rebecca		
Hill, AC		
Jones, Jamie		
Kirk, Jessica		
Moten, Pegah		
Murtagh, Cameron		
Patters, Kelly		
Piccirille, Erin		
Smith, Brandi		
Sweredoski, Ashley		
Wray, Elizabeth		
Wunderlick, Shonte		

Page 1 of 1 Records 1 to 18 of 18 Page Size 30

1V1 Big Goal - Attack: Player attacks a defender 1 V 1 to a regular goal from mid-field.

1V1 Big Goal - Defend: Player defends another player going 1 V 1 to regular goal from mid-field.

2V1 Template

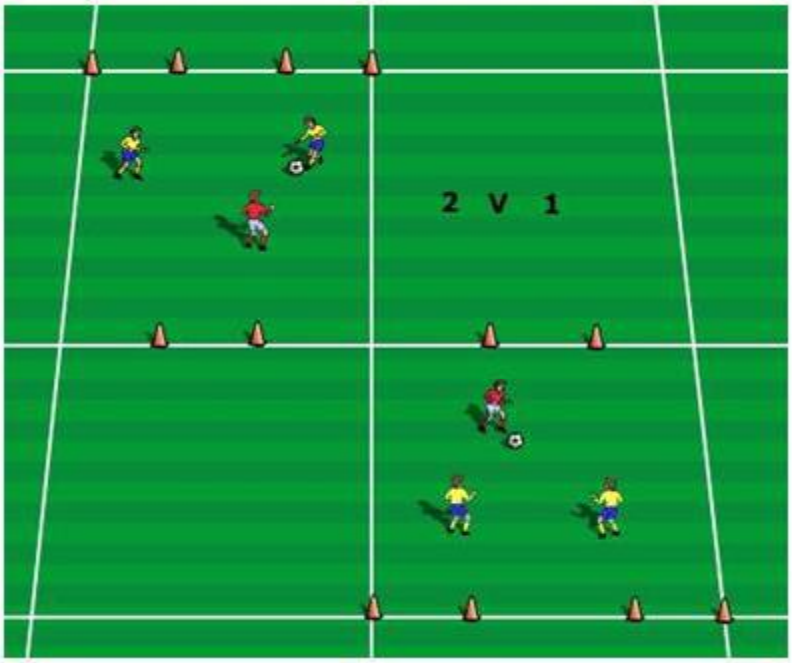
Page 1 of 1 Records 1 to 25 of 25 Page Size 30

Player	WINS	LOSTS
Player, Alyson		
Player, Amy		
Player, Andrea		
Player, Anna		
Player, Caitlin		
Player, Cat		
Player, Danielle		
Player, Danny		
Player, Jennifer		
Player, Kailee		
Player, Kelli		
Player, Kelly		
Player, Kristin		
Player, Leah		
Player, Lindsey		
Player, Lyndse		
Player, Natalie		
Player, Nicole		
Player, Nicole		
Player, Rebekah		
Player, Sarah		
Player, Shelbi		
Player, Spencer		
Player, Stephanie		
Player, Tara		

Page 1 of 1 Records 1 to 25 of 25 Page Size 30

Players go 2 v 1 for 3 min games. Players switch after each game to be the defender.

Players go 2 v 1 for 3 min games. Players switch after each game to be the defender.



2V2 Template

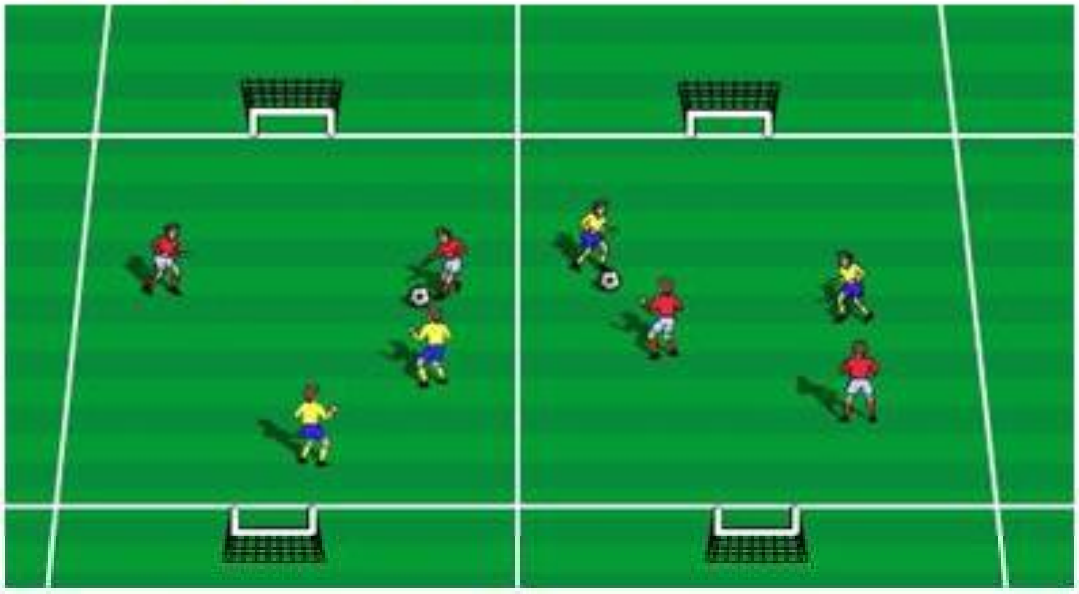
Page 1 of 1 Records 1 to 18 of 18 Page Size 30

Player	WINS	LOSTS
Bahar, Tori		
Bellucci, Samantha		
Bistany, Laura		
Errington, Tarah		
Grubel, Ally		
Hamlin, Megan		
Hamlin, Rebecca		
Hill, AC		
Jones, Jamie		
Kirk, Jessica		
Moten, Pegah		
Murtagh, Cameron		
Patters, Kelly		
Piccirille, Erin		
Smith, Brandi		
Sweredoski, Ashley		
Wray, Elizabeth		
Wunderlick, Shonte		

Page 1 of 1 Records 1 to 18 of 18 Page Size 30

Players go 2 v 2 against another team.

Players go 2 v 2 against another team.



4V4 Template

Page 1 of 1 Records 1 to 18 of 18 Page Size 30

Player	WINS	LOSTS
Bahar, Tori		
Bellucci, Samantha		
Bistany, Laura		
Errington, Tarah		
Grubel, Ally		
Hamlin, Megan		
Hamlin, Rebecca		
Hill, AC		
Jones, Jamie		
Kirk, Jessica		
Moten, Pegah		
Murtagh, Cameron		
Patters, Kelly		
Piccirille, Erin		
Smith, Brandi		
Sweredoski, Ashley		
Wray, Elizabeth		
Wunderlick, Shonte		

Page 1 of 1 Records 1 to 18 of 18 Page Size 30

4V4: How many 4V4 games the player has won.

Most Comp Template

Page 1 of 1 Records 1 to 18 of 18 Page Size 30

Player	WINS	LOSTS
Bahar, Tori		
Bellucci, Samantha		
Bistany, Laura		
Errington, Tarah		
Grubel, Ally		
Hamlin, Megan		
Hamlin, Rebecca		
Hill, AC		
Jones, Jamie		
Kirk, Jessica		
Moten, Pegah		
Murtagh, Cameron		
Patters, Kelly		
Piccirille, Erin		
Smith, Brandi		
Sweredoski, Ashley		
Wray, Elizabeth		
Wunderlick, Shonte		

Page 1 of 1 Records 1 to 18 of 18 Page Size 30

Most Competitive: How many full field scrimmages the player has won.

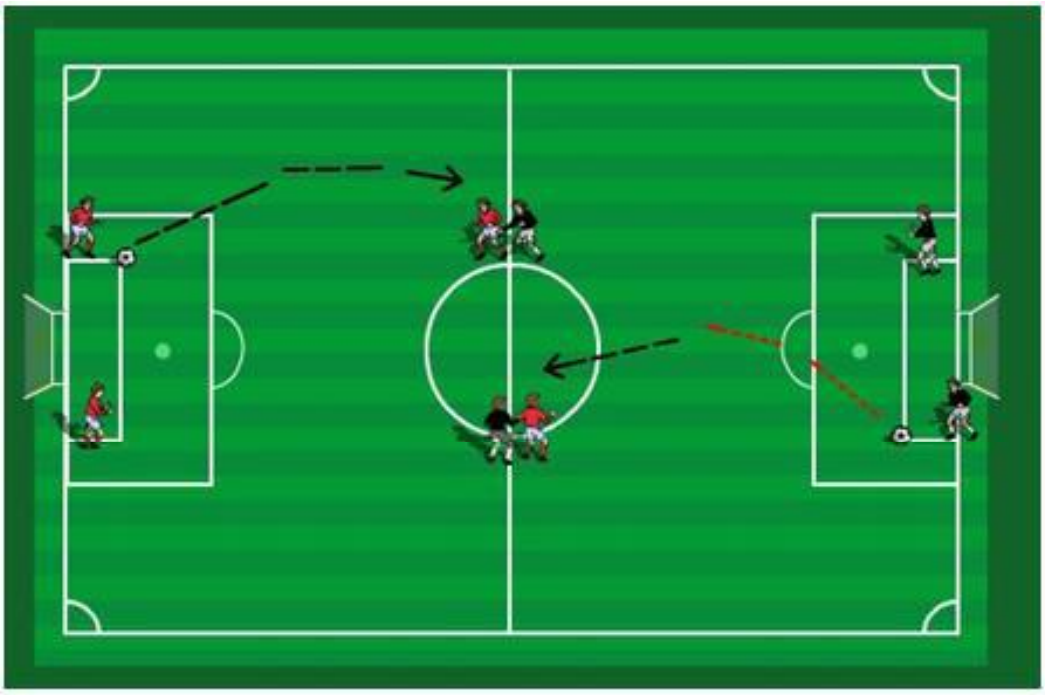
AD Heading Template

Page 1 of 1 Records 1 to 25 of 25 Page Size 30

Player	WINS	LOSTS
Player, Alyson		
Player, Amy		
Player, Andrea		
Player, Anna		
Player, Caitlin		
Player, Cat		
Player, Danielle		
Player, Danny		
Player, Jennifer		
Player, Kailee		
Player, Kelli		
Player, Kelly		
Player, Kristin		
Player, Leah		
Player, Lindsey		
Player, Lyndse		
Player, Natalie		
Player, Nicole		
Player, Nicole		
Player, Rebekah		
Player, Sarah		
Player, Shelbi		
Player, Spencer		
Player, Stephanie		
Player, Tara		

Page 1 of 1 Records 1 to 25 of 25 Page Size 30

Attacking/Defensive Heading: Players line up on the mid-strip with one attacking (trying to flick the ball) and one defending (trying to head it back to server). Balls are chipped at the players for 3 minutes. Each time a flick or a head back is done, that player gets a point. The player with the most points at the end of 3 minutes win.



Bogies Template

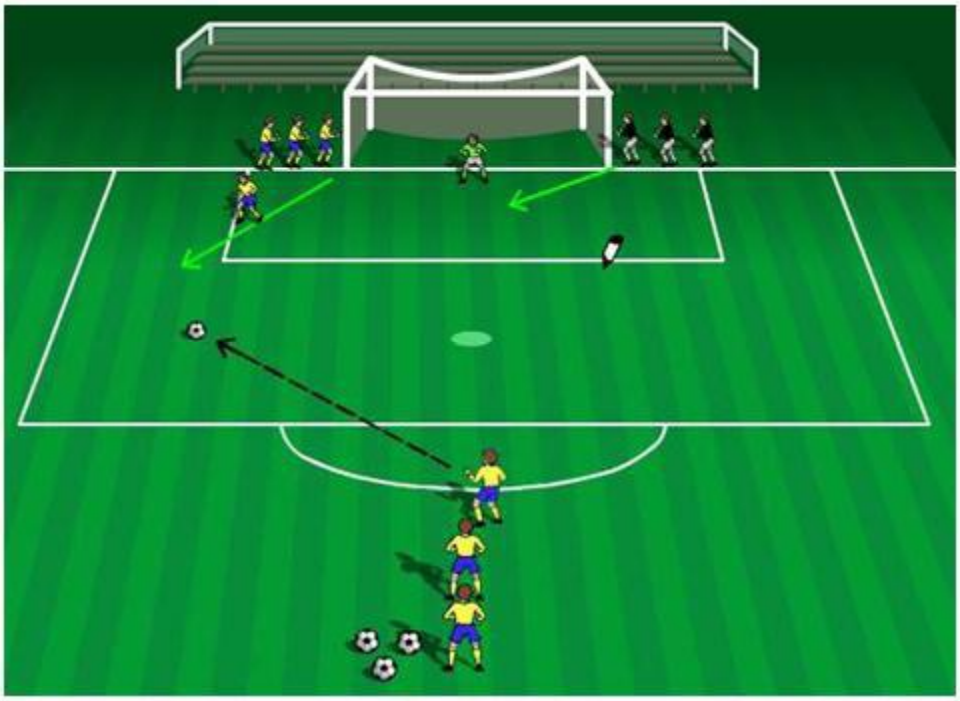
Page 1 of 1 Records 1 to 18 of 18 Page Size 30

Player	ATTACKING	DEFENSIVE
Bahar, Tori		
Bellucci, Samantha		
Bistany, Laura		
Errington, Tarah		
Grubel, Ally		
Hamlin, Megan		
Hamlin, Rebecca		
Hill, AC		
Jones, Jamie		
Kirk, Jessica		
Moten, Pegah		
Murtagh, Cameron		
Patters, Kelly		
Piccirille, Erin		
Smith, Brandi		
Sweredoski, Ashley		
Wray, Elizabeth		
Wunderlick, Shonte		

Page 1 of 1 Records 1 to 18 of 18 Page Size 30

Bogies - Attacking: Players go 1 V 1 from an angle or at the top of the penalty box and try to score. If they score they get 4 points.
If they get a shot on goal, they get 3 points.
If they shoot but not on goal, they get 2 points.
If they beat their defender but fail to get a shot off, they get 1 point.
If the defender steals the ball, they get 0 points.

Bogies - Defensive: Players go 1 V 1 from an angle or at the top of the penalty box and try to stop their opponent.
If the stop the other player from scoring they get 4 points.
If the other player beats them but they stop them from shooting, they get 3 points.
If the other player gets a shot off but not on goal, they get 2 points.
If the other player gets a shot off on goal, they get 1 point.
If the other player scores, they get 0 points.

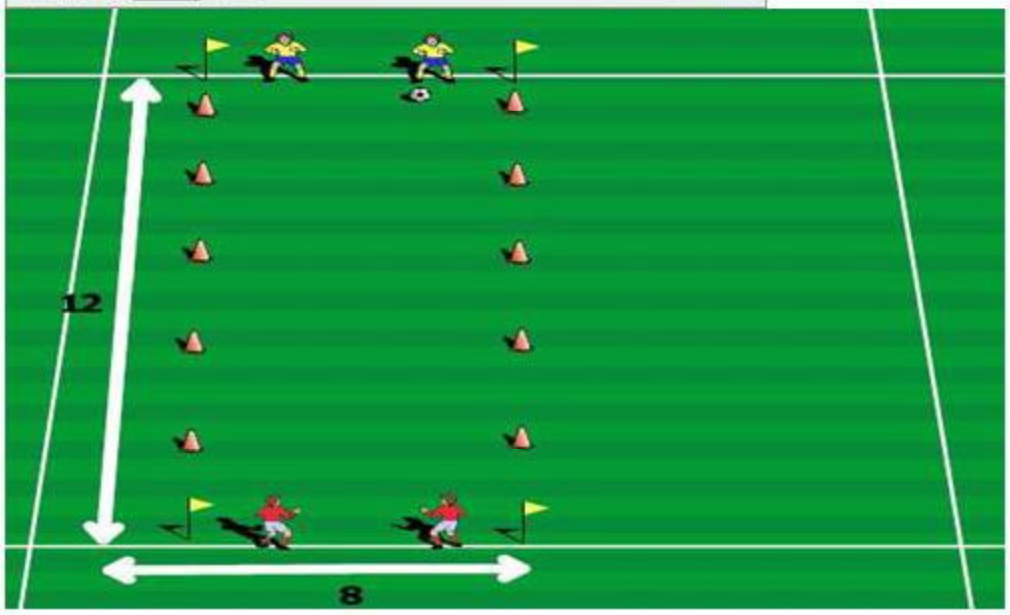


2V2 Heading Template

Page 1 of 1 Records 1 to 18 of 18 Page Size 30

Player	WINS	LOSTS
Bahar, Tori		
Bellucci, Samantha		
Bistany, Laura		
Errington, Tarah		
Grubel, Ally		
Hamlin, Megan		
Hamlin, Rebecca		
Hill, AC		
Jones, Jamie		
Kirk, Jessica		
Moten, Pegah		
Murtagh, Cameron		
Patters, Kelly		
Piccirille, Erin		
Smith, Brandi		
Sweredoski, Ashley		
Wray, Elizabeth		
Wunderlick, Shonte		

Page 1 of 1 Records 1 to 18 of 18 Page Size 30



Horseshoe Template

Page 1 of 1 Records 1 to 18 of 18 Page Size 30

Player	HORSESHOE #'S
Bahar, Tori	
Bellucci, Samantha	
Bistany, Laura	
Errington, Tarah	
Grubel, Ally	
Hamlin, Megan	
Hamlin, Rebecca	
Hill, AC	
Jones, Jamie	
Kirk, Jessica	
Moten, Pegah	
Murtagh, Cameron	
Patters, Kelly	
Piccirille, Erin	
Smith, Brandi	
Sweredoski, Ashley	
Wray, Elizabeth	
Wunderlick, Shonte	

Page 1 of 1 Records 1 to 18 of 18 Page Size 30

Horseshoes: Players pair up and take turn trying to knock a ball off a cone in the air from 10yrds, 15yrds and 20yrds apart. They play against another pair. They go for 2 mins and their successes are recorded.

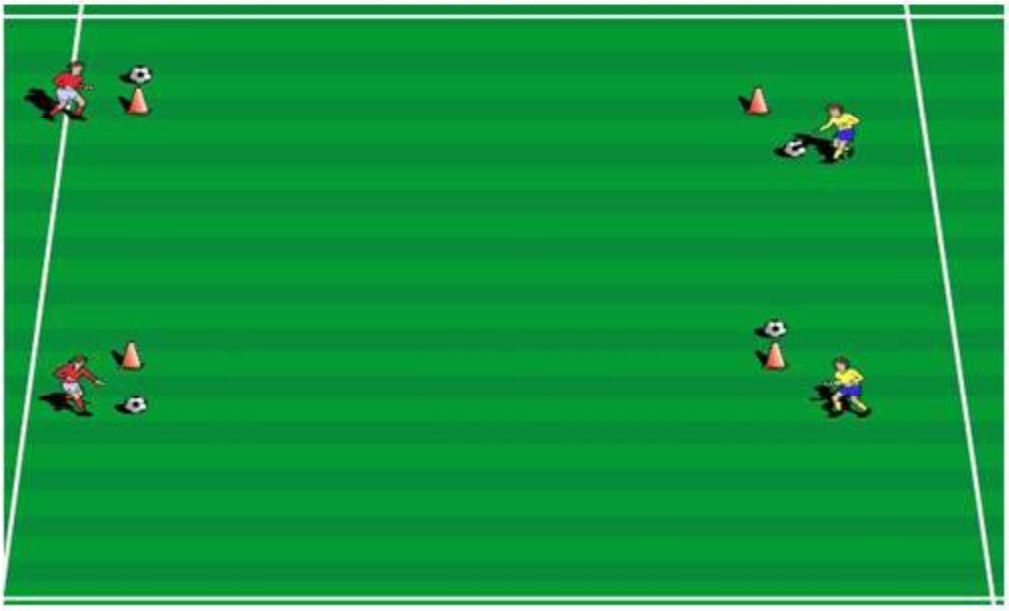


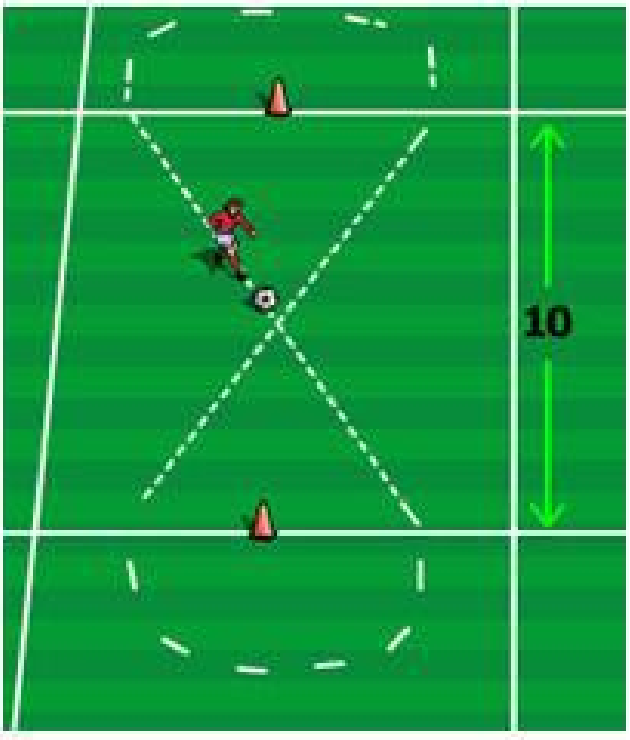
Figure 8 Template

Page 1 of 1 Records 1 to 18 of 18 Page Size 30

Player	INSIDE MADE	OUTSIDE MADE
Bahar, Tori		
Bellucci, Samantha		
Bistany, Laura		
Errington, Tarah		
Grubel, Ally		
Hamlin, Megan		
Hamlin, Rebecca		
Hill, AC		
Jones, Jamie		
Kirk, Jessica		
Moten, Pegah		
Murtagh, Cameron		
Patters, Kelly		
Piccirille, Erin		
Smith, Brandi		
Sweredoski, Ashley		
Wray, Elizabeth		
Wunderlick, Shonte		

Page 1 of 1 Records 1 to 18 of 18 Page Size 30

Figure 8 Dribbling: How many turns a player can do with the soccer ball between 10 yard cones in 1 minute in a figure 8. Short dribbles to get around cone (defender) and then long dribble to accelerate into space past cone. Test using inside surface and outside surface.



Swedish Template

Page 1 of 1 Records 1 to 18 of 18 Page Size 30

Player	TURNS 1	TURNS 2	TURNS 3	TURNS 4
Bahar, Tori				
Bellucci, Samantha				
Bistany, Laura				
Errington, Tarah				
Grubel, Ally				
Hamlin, Megan				
Hamlin, Rebecca				
Hill, AC				
Jones, Jamie				
Kirk, Jessica				
Moten, Pegah				
Murtagh, Cameron				
Patters, Kelly				
Piccirille, Erin				
Smith, Brandi				
Sweredoski, Ashley				
Wray, Elizabeth				
Wunderlick, Shonte				

Page 1 of 1 Records 1 to 18 of 18 Page Size 30

Swedish: How many turns a player can do with the soccer ball between 10 yard conds in 1 minute.

Passing Template

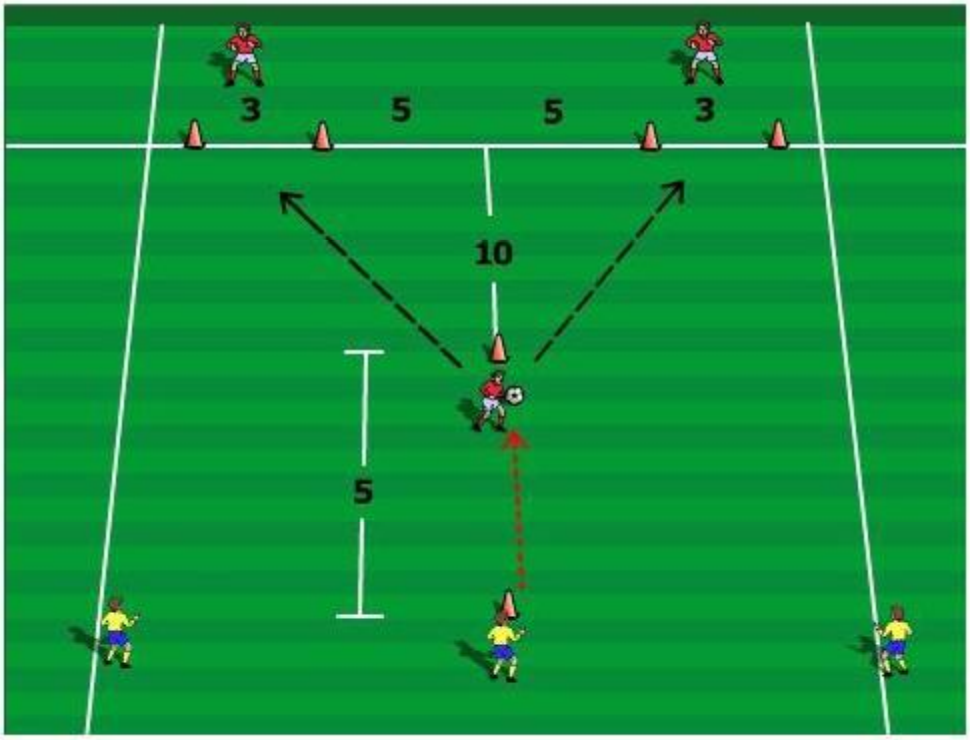
Page 1 of 1 Records 1 to 18 of 18 Page Size 30

Player	PASS 1	PASS 2	PASS 3	PASS 4
Bahar, Tori				
Bellucci, Samantha				
Bistany, Laura				
Errington, Tarah				
Grubel, Ally				
Hamlin, Megan				
Hamlin, Rebecca				
Hill, AC				
Jones, Jamie				
Kirk, Jessica				
Moten, Pegah				
Murtagh, Cameron				
Patters, Kelly				
Piccirille, Erin				
Smith, Brandi				
Sweredoski, Ashley				
Wray, Elizabeth				
Wunderlick, Shonte				

Page 1 of 1 Records 1 to 18 of 18 Page Size 30

Passing: Players try to pass between 2 goals from 10yds away. They go for 2 min and their total goals are recorded.

Passing: Players try to pass between 2 goals from 10yds away. They go for 2 min and their total goals are recorded.



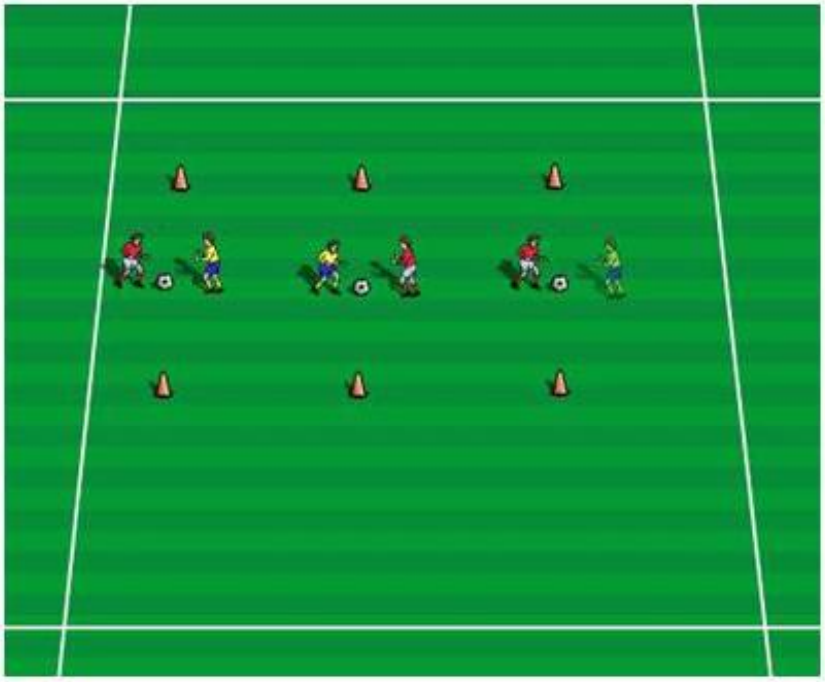
Mirrors Template

Page 1 of 1 Records 1 to 25 of 25 Page Size 30

Player	WINS	LOSTS
Player, Alyson		
Player, Amy		
Player, Andrea		
Player, Anna		
Player, Caitlin		
Player, Cat		
Player, Danielle		
Player, Danny		
Player, Jennifer		
Player, Kailee		
Player, Kelli		
Player, Kelly		
Player, Kristin		
Player, Leah		
Player, Lindsey		
Player, Lyndse		
Player, Natalie		
Player, Nicole		
Player, Nicole		
Player, Rebekah		
Player, Sarah		
Player, Shelbi		
Player, Spencer		
Player, Stephanie		
Player, Tara		

Page 1 of 1 Records 1 to 25 of 25 Page Size 30

Mirrors: Players try to fake/feint another player to get to a cone on either side. If the player gets to the cone first before the other player, they get a point. Players play for 1 min and then switch.



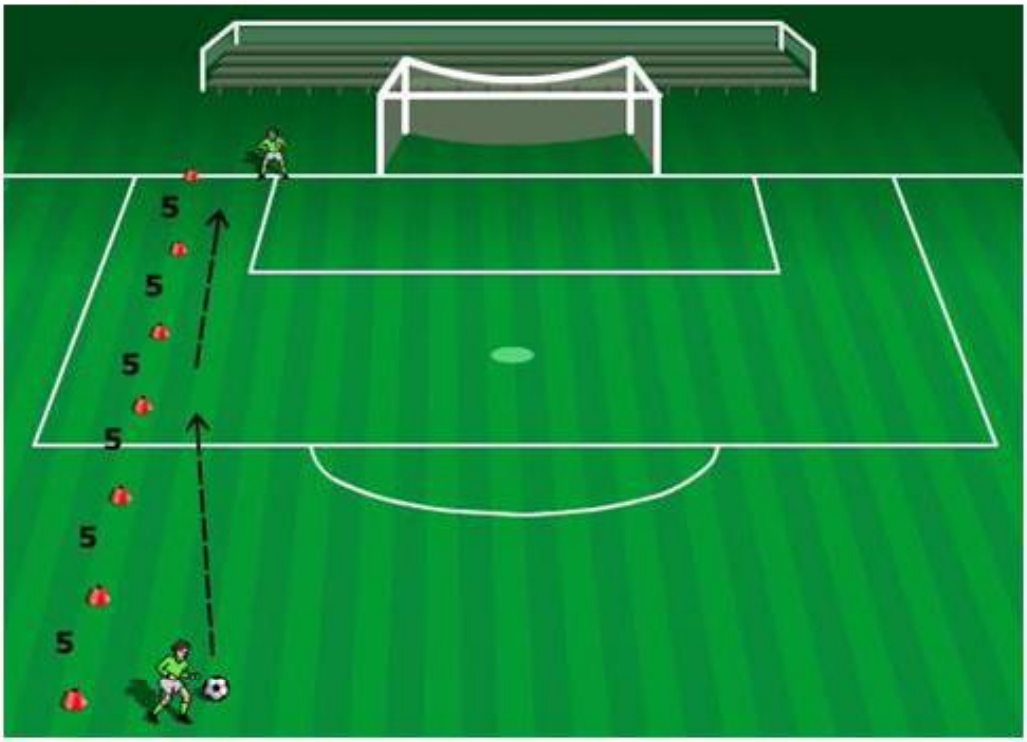
Power Heading Template

Page 1 of 1 Records 1 to 18 of 18 Page Size 30

Player	PHEAD 1	PHEAD 2	PHEAD 3	PHEAD 4
Bahar, Tori				
Bellucci, Samantha				
Bistany, Laura				
Errington, Tarah				
Grubel, Ally				
Hamlin, Megan				
Hamlin, Rebecca				
Hill, AC				
Jones, Jamie				
Kirk, Jessica				
Moten, Pegah				
Murtagh, Cameron				
Patters, Kelly				
Piccirille, Erin				
Smith, Brandi				
Sweredoski, Ashley				
Wray, Elizabeth				
Wunderlick, Shonte				

Page 1 of 1 Records 1 to 18 of 18 Page Size 30

Players serve balls in the air to their partners and they head for distance. Players get 4 "real" attempts to head the ball.
Bad services (balls the the other player can not head) do not count.
Take average of the 4 distances.



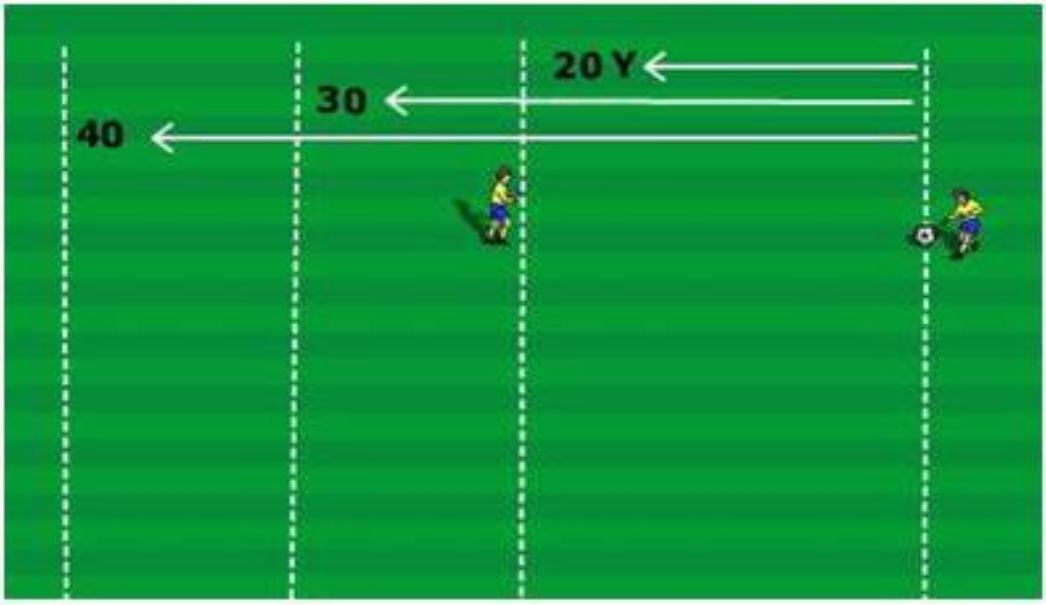
Long Serv /Long Rec Template

Page 1 of 1 Records 1 to 18 of 18 Page Size 30

Player	TOTALS
Bahar, Tori	
Bellucci, Samantha	
Bistany, Laura	
Errington, Tarah	
Grubel, Ally	
Hamlin, Megan	
Hamlin, Rebecca	
Hill, AC	
Jones, Jamie	
Kirk, Jessica	
Moten, Pegah	
Murtagh, Cameron	
Patters, Kelly	
Piccirille, Erin	
Smith, Brandi	
Sweredoski, Ashley	
Wray, Elizabeth	
Wunderlick, Shonte	

Page 1 of 1 Records 1 to 18 of 18 Page Size 30

Long Service - Long Reception:
Players chip the ball between partners and see how may times they can take the ball out of the air and juggle with it.
If the player touches the ball in a control fashion before it hits the ground, they get a point.
Chests are worth 5 points and any other touch is worth 1 point. Players go for 3 minutes at 20 yards, 40 yards and 60 yards distances.



Juggle Template

Page 1 of 1 Records 1 to 25 of 25 Page Size 30

Player	JUGGLES FEET	JUGGLES HEAD
Player, Alyson		
Player, Amy		
Player, Andrea		
Player, Anna		
Player, Caitlin		
Player, Cat		
Player, Danielle		
Player, Danny		
Player, Jennifer		
Player, Kailee		
Player, Kelli		
Player, Kelly		
Player, Kristin		
Player, Leah		
Player, Lindsey		
Player, Lyndse		
Player, Natalie		
Player, Nicole		
Player, Nicole		
Player, Rebekah		
Player, Sarah		
Player, Shelbi		
Player, Spencer		
Player, Stephanie		
Player, Tara		

Page 1 of 1 Records 1 to 25 of 25 Page Size 30

Juggles (Feet - Surfaces): Players juggle trying to hit all 14 body parts without the ball hitting the ground or the player using their hands. Juggles (Head): Players use only their head to juggle the ball without the ball hitting the ground or the player using their hands.

Speed Gun Template

Page 1 of 1 Records 1 to 18 of 18 Page Size 30

Player	RIGHT INSIDE	LEFT INSIDE	RIGHT LACES	LEFT LACES
Bahar, Tori				
Bellucci, Samantha				
Bistany, Laura				
Errington, Tarah				
Grubel, Ally				
Hamlin, Megan				
Hamlin, Rebecca				
Hill, AC				
Jones, Jamie				
Kirk, Jessica				
Moten, Pegah				
Murtagh, Cameron				
Patters, Kelly				
Piccirille, Erin				
Smith, Brandi				
Sweredoski, Ashley				
Wray, Elizabeth				
Wunderlick, Shonte				

Page 1 of 1 Records 1 to 18 of 18 Page Size 30

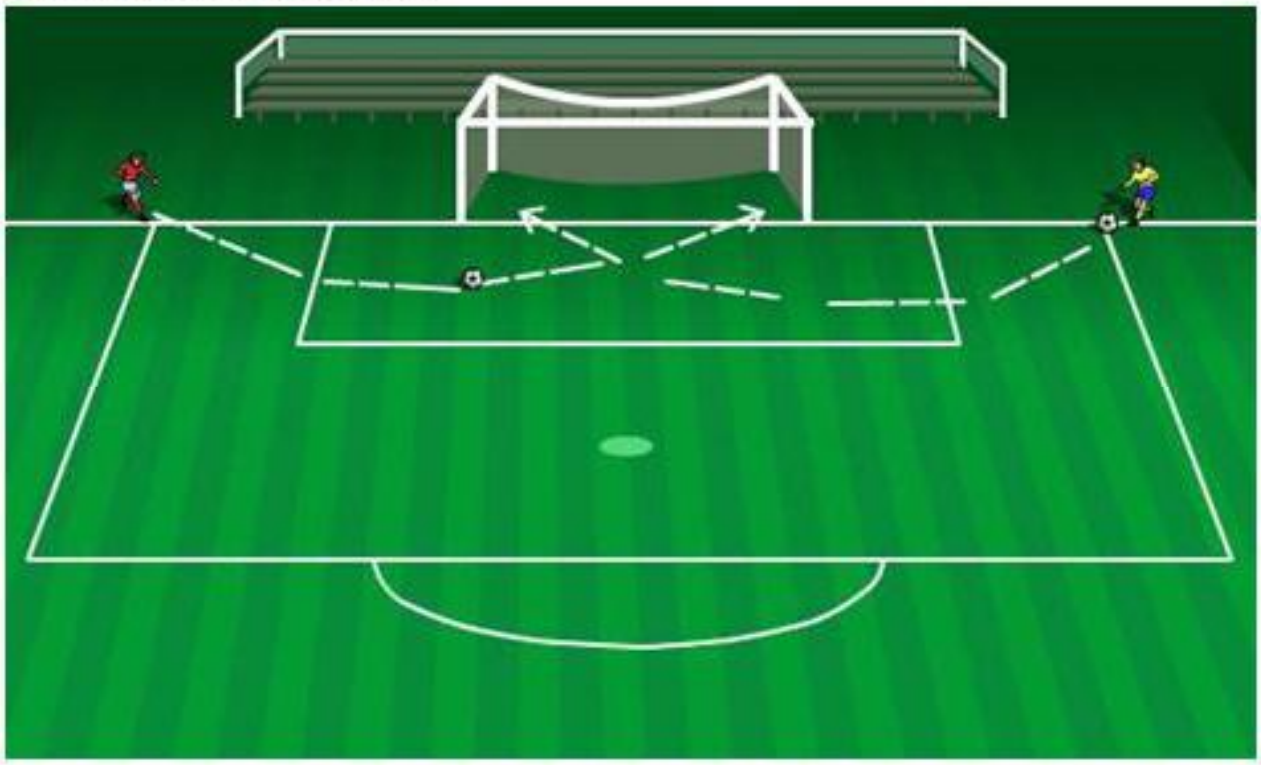
Bending Balls Template

Page 1 of 1 Records 1 to 18 of 18 Page Size 30

Player	RIGHT INSIDE MADE	LEFT INSIDE MADE	RIGHT OUTSIDE MADE	LEFT OUTSIDE MADE
Bahar, Tori				
Bellucci, Samantha				
Bistany, Laura				
Errington, Tarah				
Grubel, Ally				
Hamlin, Megan				
Hamlin, Rebecca				
Hill, AC				
Jones, Jamie				
Kirk, Jessica				
Moten, Pegah				
Murtagh, Cameron				
Patters, Kelly				
Piccirille, Erin				
Smith, Brandi				
Sweredoski, Ashley				
Wray, Elizabeth				
Wunderlick, Shonte				

Page 1 of 1 Records 1 to 18 of 18 Page Size 30

Bending Balls: Players from the intersection of the 18 yard line and the touch line.
They shoot 4 balls with their inside right, outside left and inside left, outside right (from other side).
They get a point for each goal they score.



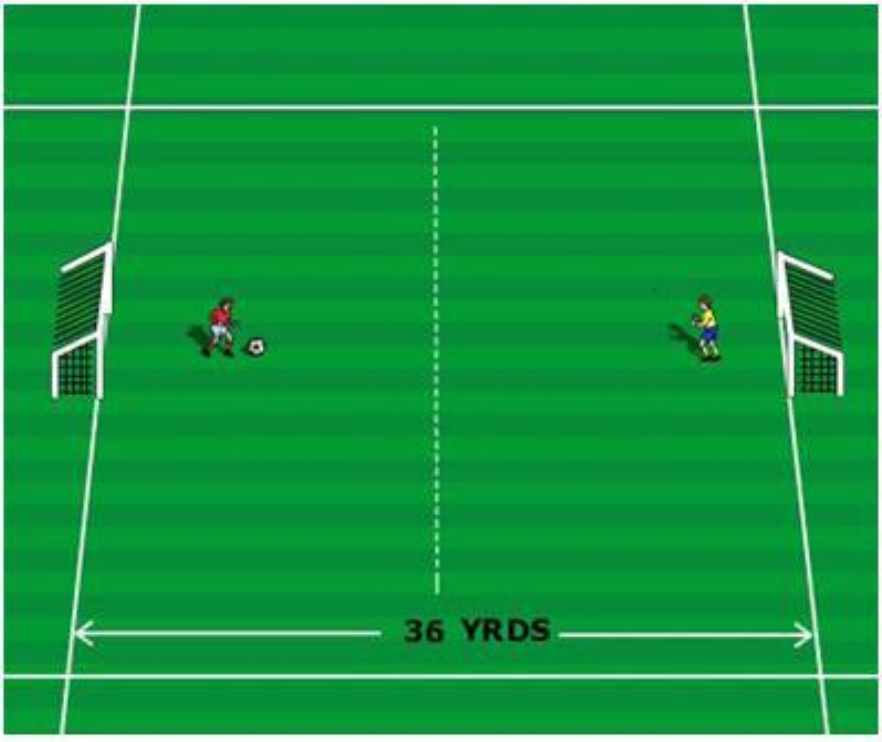
Long Range Template

Page 1 of 1 Records 1 to 18 of 18 Page Size 30

Player	WINS	LOSTS
Bahar, Tori		
Bellucci, Samantha		
Bistany, Laura		
Errington, Tarah		
Grubel, Ally		
Hamlin, Megan		
Hamlin, Rebecca		
Hill, AC		
Jones, Jamie		
Kirk, Jessica		
Moten, Pegah		
Murtagh, Cameron		
Patters, Kelly		
Piccirille, Erin		
Smith, Brandi		
Sweredoski, Ashley		
Wray, Elizabeth		
Wunderlick, Shonte		

Page 1 of 1 Records 1 to 18 of 18 Page Size 30

Long Range Shooting: Players go 1 V 1 using big goals from 36 yards apart.
Each player is the keeper and after they make a save, the put the ball on the ground to shoot.
They go for 3 minutes and the players that scores the most wins.
(Can also make players bounce the ball after the make a save to work on volleys)



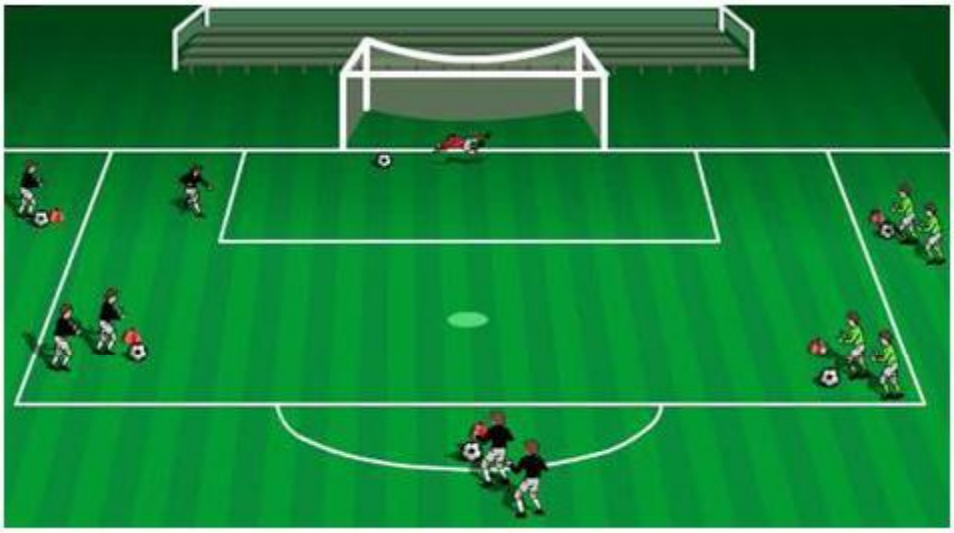
Breakaway Template

Page 1 of 1 Records 1 to 25 of 25 Page Size 30

Player	MADE	MISSES
Player, Alyson		
Player, Amy		
Player, Andrea		
Player, Anna		
Player, Caitlin		
Player, Cat		
Player, Danielle		
Player, Danny		
Player, Jennifer		
Player, Kailee		
Player, Kelli		
Player, Kelly		
Player, Kristin		
Player, Leah		
Player, Lindsey		
Player, Lyndse		
Player, Natalie		
Player, Nicole		
Player, Nicole		
Player, Rebekah		
Player, Sarah		
Player, Shelbi		
Player, Spencer		
Player, Stephanie		
Player, Tara		

Page 1 of 1 Records 1 to 25 of 25 Page Size 30

Breakaway Finishing: Players shoot with their right laces and it is recorded.



Volley Template

Page 1 of 1 Records 1 to 25 of 25 Page Size 30

Player	MADE
Player, Alyson	
Player, Amy	
Player, Andrea	
Player, Anna	
Player, Caitlin	
Player, Cat	
Player, Danielle	
Player, Danny	
Player, Jennifer	
Player, Kailee	
Player, Kelli	
Player, Kelly	
Player, Kristin	
Player, Leah	
Player, Lindsey	
Player, Lyndse	
Player, Natalie	
Player, Nicole	
Player, Nicole	
Player, Rebekah	
Player, Sarah	
Player, Shelbi	
Player, Spencer	
Player, Stephanie	
Player, Tara	

Page 1 of 1 Records 1 to 25 of 25 Page Size 30

Volley's: Players attempt to score with volleys. Right and Left crosses are done and they go for 3 minutes. Each goal is worth a point and players can score using their head.

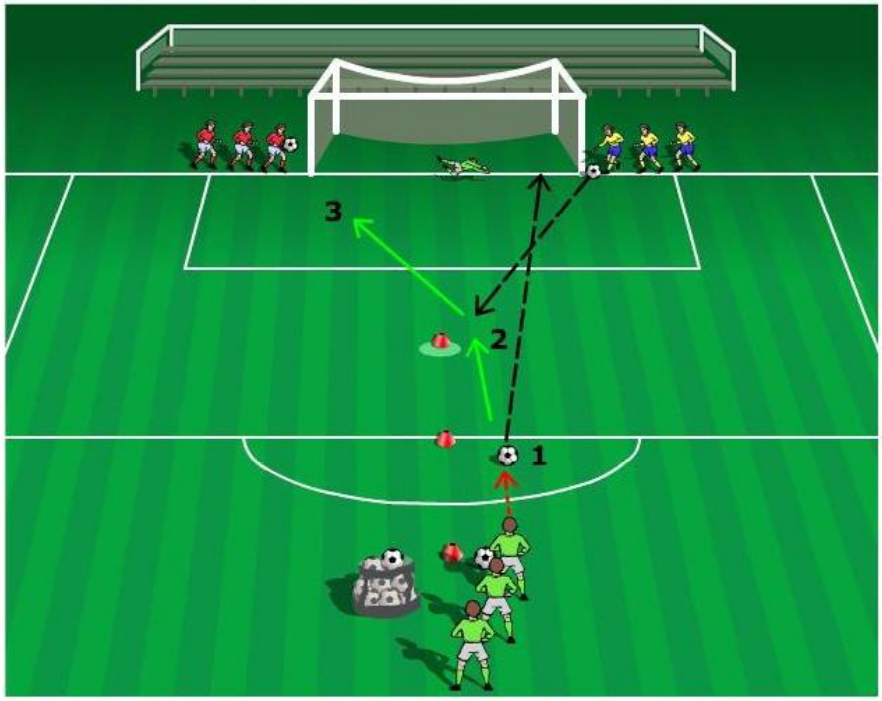
3Tier Template

Page 1 of 1 Records 1 to 18 of 18 Page Size 30

Player	LONG MADE	LONG ATTEMPTS	FINESS MADE	FINESS ATTEMPTS	HEAD MADE	HEAD MISSED
Bahar, Tori						
Bellucci, Samantha						
Bistany, Laura						
Errington, Tarah						
Grabel, Ally						
Hamlin, Megan						
Hamlin, Rebecca						
Hill, AC						
Jones, Jamie						
Kirk, Jessica						
Moten, Regah						
Murtagh, Cameron						
Patters, Kelly						
Piccirillo, Erin						
Smith, Brandi						
Swaredoski, Ashley						
Wray, Elizabeth						
Wunderlick, Shonta						

Page 1 of 1 Records 1 to 18 of 18 Page Size 30

3 Tier Shotting: Players shoot 1 long range shot from 18' outs (1), 1 finesse shot from 12' outs (2) and 1 with their head (3). Players go 3 times and an average is taken for each category.



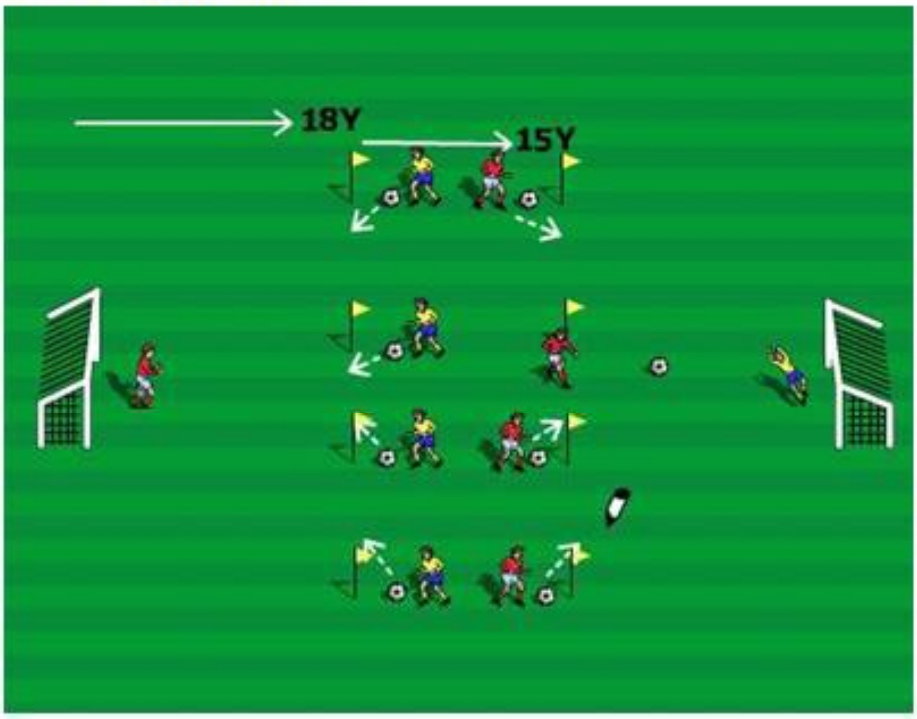
4Tier Template

Page 1 of 1 Records 1 to 25 of 25 Page Size 30

Player	RIGHT MADE	RIGHT ATTEMPTS	RIGHT INSIDE MADE	RIGHT INSIDE ATTE
Player, Alyson				
Player, Amy				
Player, Andrea				
Player, Anna				
Player, Caitlin				
Player, Cat				
Player, Danielle				
Player, Danny				
Player, Jennifer				
Player, Kallee				
Player, Kelli				
Player, Kelly				
Player, Kristin				
Player, Leah				
Player, Lindsey				
Player, Lyndse				
Player, Natalie				
Player, Nicole				
Player, Nicole				
Player, Rebekah				
Player, Sarah				
Player, Shelbi				
Player, Spencer				
Player, Stephanie				
Player, Tara				

Page 1 of 1 Records 1 to 25 of 25 Page Size 30

4 Tier Shooting: Players shoot from 4 different area's on the field about 18-20 yards from goal. One from the left and right outside of the goal and one from the left and right inside of the goal. An average is taken for each category.



Penalty Kick Template

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Player	MADE	MISSED
Player, Alyson		
Player, Amy		
Player, Andrea		
Player, Anna		
Player, Caitlin		
Player, Cat		
Player, Danielle		
Player, Danny		
Player, Jennifer		
Player, Kailee		
Player, Kelli		
Player, Kelly		
Player, Kristin		
Player, Leah		
Player, Lindsey		
Player, Lyndse		
Player, Natalie		
Player, Nicole		
Player, Nicole		
Player, Rebekah		
Player, Sarah		
Player, Shelbi		
Player, Spencer		
Player, Stephanie		
Player, Tara		

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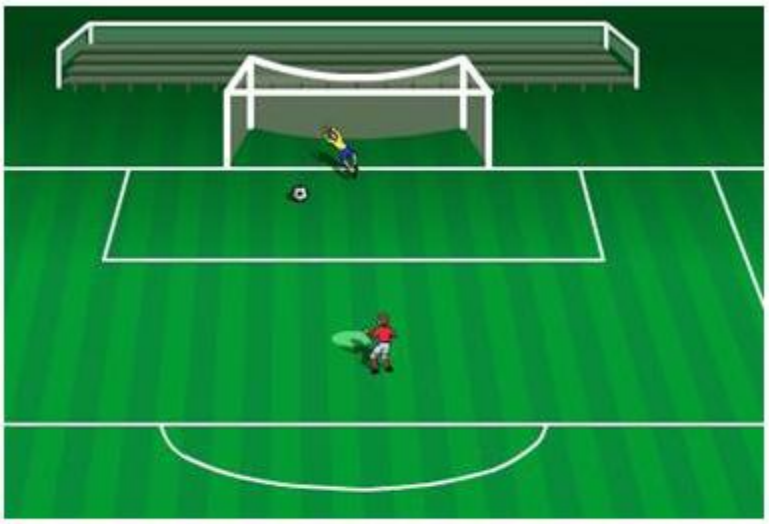
PK's: (Penalty Kicks): How many penalty kicks the player has made. These are shots at the keeper from 12yrds away from the goal.



Basic How To's

Data Search

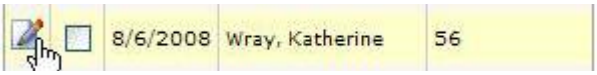
Within the Fitness, Competitive, Technical, Finishing/Shooting and Rankings Categories you can search for data.

Deleting Data

To delete data check the box next to the item you want to delete and then select .

Editing Data

To edit existing record select the box with a pencil next to the player record you wish edit.



Printing

If the option to print is available select the printer icon located at the top of the page.

Player Final Rankings

		FITNESS									COMPETITIVE										TECHNICAL											FINISHING/SHOOTING								
Ranking	Name	Speed Rank (*4)	120s Rank (*4)	Cones Rank (*4)	Beep Rank (*3)	Cooper Rank (*1)	Roman Rank (*1)	PushUp Rank (*1)	SitUp Rank (*1)	PullUp Rank (*1)	1V1 Rank (*4)	1V1BG Attacking Rank (*3)	1V1BG Defensive Rank (*3)	2V1 Rank (*3)	2V2 Rank (*3)	4V4 Rank (*3)	Most Comp Rank (*4)	Bogies Attacking Rank (*3)	Bogies Defensive Rank (*3)	Att/Def Heading Rank (*3)	2V2 Heading Rank (*3)	Horse Shoe Rank (*2)	Figure 8 Rank (*2)	Swedish Rank (*3)	Passing Rank (*2)	Clear Rank (*3)	Mirrors Rank (*1)	Power Heading Rank (*3)	Long Serv Rank (*3)	LServ LRec Rank (*3)	Juggles Header Rank (*1)	Juggles Services Rank (*1)	Speed Gun Rank (*4)	Bending Balls Rank (*4)	Long Range Shooting Rank (*4)	Break Away Finishing Rank (*4)	Volleys Rank (*4)	3 Tier Rank (*1)	4 Tier Rank (*3)	PK Rank (*1)	Rank Totals
1 (4)	Player, Spencer	14 (22)	1 (10)	21 (18)	24 (13)	19 (18)	2	13 (3)	17 (20)	16	6 (1)	11 (5)	9 (4)	2 (1)	(1)	5 (8)	3 (1)	4 (1)	5 (6)	1 (1)	2 (1)	1 (5)	7 (9)	8 (9)	18 (18)	1 (7)	3 (5)	2 (6)	3 (2)	6 (8)	2 (6)	6 (7)	3 (1)	11 (5)	16 (11)	10	6 (6)	10 (15)	5 (12)	2 (1)	770
2	Player, Jennifer	16	22	1	14	19	16	21	13	16	1	1	9	2	1	11	8	8	2	10	2	5	7	6	11	15	3	18	2	4	4	3	2	13	6	10	10	8	2	5	831
3	Player, Anna	12	1	1	8	4	13	17	11	16	4	21	7	2	3	1	1	2	7	4	6	15	3	17	3	7	11	2	15	1	7	6	17	11	10	5	16	22	18	10	834
4 (10)	Player, Lyndse	22 (23)	1 (1)	1 (1)	16 (9)	19 (21)	3	22 (21)	13 (10)	7	8 (22)	6 (16)	14 (7)	2 (18)	14 (11)	3 (1)	8 (7)	16 (8)	8 (18)	4 (1)	1 (1)	15 (9)	20 (17)	19 (21)	3 (15)	11	22 (1)	1 (1)	1	6 (1)	1 (1)	6 (6)	10 (11)	3 (3)	1 (4)	(9)	3 (13)	3 (6)	12 (4)	14 (2)	816
5	Player, Kristin	8	1	1	1	2	8	3	8	2	8	1	9	2	14	5	7	10	18	10	10	1	7	12	7	17	11	12	18	16	16	16	13	7	7	6	6	6	5	2	840
6	Player, Natalie	15	1	1	10	5	24	8	21	7	3	20	1	2	3	5	16	4	12	4	6	9	15	12	1		1	5	9	12	20	10	1	15	9	10	10	21	12	22	864
7	Player, Caitlin	10	1	1	3	2	9	11	1	16	2	10	18	1	14	15	13	24	8	19	6	15	15	23	7		15	4	6	1	7	16	14	1	2	6	16	3	2	2	882
8 (9)	Player, Tara	4 (3)	1 (1)	1 (1)	4 (6)	12 (2)	23	19 (15)	6 (18)	16	5 (8)	1 (10)	5 (9)	21 (8)	3 (3)	2 (1)	4 (18)	7 (5)	16 (6)	4 (1)	18 (12)	1 (9)	3 (5)	21 (14)	5 (11)	14 (13)	3 (16)	12 (10)	4 (13)	3 (7)	14 (13)	19 (13)	12 (17)	15 (15)	16 (11)	19 (15)	10 (6)	10 (3)	18 (4)	5 (13)	952
9 (6)	Player, Lindsey	2 (1)	1 (1)	1 (1)	12 (1)	5 (2)	16	5 (10)	18 (16)	3	15 (14)	1 (2)	9 (16)	17 (8)	3 (15)	15 (1)	11 (7)	11 (3)	22 (6)	10 (11)	14 (12)	9 (5)	15 (9)	2 (11)	14 (5)	(4)	21 (12)	6 (2)	11 (16)	8 (16)	20 (18)	23 (12)	21 (15)	4 (2)	7 (1)	6 (9)	10 (13)	1 (1)	5 (4)	10 (7)	948
10 (7)	Player, Stephanie	5 (7)	1 (1)	1 (1)	8 (4)	25 (11)	5	15 (13)	20 (15)	1	20 (9)	21 (19)	1 (9)	2 (20)	14 (3)	18 (13)	11 (7)	2 (15)	17 (2)	10 (21)	2 (21)	9 (7)	3 (5)	2 (2)	18 (9)	10 (16)	20 (16)	7 (3)	11 (5)	15 (8)	16 (17)	1 (2)	7 (9)	18 (5)	16 (11)	3 (2)	6 (1)	3 (19)	12 (4)	14 (7)	988
11 (11)	Player, Danielle	5 (9)	1 (10)	1 (1)	17 (6)	5 (11)	9	13 (2)	4 (14)	3	8 (18)	11 (5)	1 (16)	2 (8)	22 (3)	11 (1)	5 (6)	12 (8)	3 (3)	1 (11)	18 (7)	15 (7)	7 (4)	5 (1)	1 (15)	8 (15)	15 (1)	8 (18)	19 (17)	21 (18)	11 (22)	16 (18)	11 (18)	22 (19)	19 (1)	2 (4)	10 (13)	18 (22)	18 (12)	22 (16)	1029
12 (13)	Player, Cat	1 (1)	1 (1)	1 (1)	13 (2)	5 (2)	16	5 (5)	19 (17)	7	8 (19)	6 (5)	1 (20)	2 (20)	22 (3)	18 (13)	2 (4)	1 (3)	12 (6)	10 (11)	10 (19)	5 (13)	21 (5)	8 (7)	14 (18)	13 (9)	9 (5)	8 (4)	22 (12)	18 (18)	10 (12)	25 (17)	23 (21)	21 (15)	14 (11)	10 (18)	10 (1)	10 (6)	5 (12)	14 (10)	1071
13 (12)	Player, Nicole	16 (17)	19 (10)	1 (1)	15 (17)	19 (18)	7	12 (11)	8 (9)	7	23 (2)	18 (14)	7 (3)	2 (3)	14 (19)	5 (1)	21 (7)	20 (21)	1 (13)	4 (11)	10 (3)	5 (19)	3 (17)	2 (19)	14 (11)	4	11 (1)	8 (7)	5	11 (12)	3 (7)	10 (11)	3 (11)	22 (15)	3 (4)	(9)	16 (13)	17 (6)	12 (4)	10 (13)	1058
14	Player, Amy	7	1	1	19	12	25	17	15	3	20	1	18	17	3	21	6	9	11	10	18	1	1	17		12	15	18	9	12	4	1	20	10	24	10		7	10	5	1119
15 (15)	Player, Alyson	13 (18)	19	19 (23)	17 (16)	23 (23)	5	3 (8)	15 (5)	16	17 (3)	11 (22)	18 (13)	2 (5)	3 (1)	21 (13)	19 (7)	14 (12)	4 (17)	4 (11)	23 (7)	9 (13)	7 (14)	8 (14)	23 (18)	2 (3)	11 (12)	(11)	6 (14)	20 (14)	16 (13)	10 (10)	9 (7)	2 (10)	19 (11)	9 (15)	1 (13)	10 (11)	5	1 (2)	1170
16	Player, Rebekah	19	1	1	5	5	4	19	11	7	17	8	18	2	11	9	25	13	10	19	23	5	15	16	22	5	9	16	15	21	20	6	5	5	14		3	19	21	5	1185
17	Player, Leah	22	1	1	11	5	15	8	23	7	12	11	9	21	14	18	14	23	21	22	14	15	21	6	13	2	3	14	8	10	23	19	15	5	23	1	3	2	2	14	1223
18 (16)	Player, Sarah	18 (18)	1 (20)	1 (1)	2 (4)	5 (1)	22	15 (1)	25 (22)	3	12 (13)	11 (16)	15 (13)	2 (13)	3 (19)	14 (8)	14 (16)	18 (12)	14 (11)	22 (11)	6 (6)	(3)	7 (19)	8 (5)	5 (13)	18	3 (12)	8 (4)	19 (19)	16 (22)	9 (11)	10 (5)	22 (19)	7 (10)	19	17	16 (6)	20	12 (4)	5 (16)	1213
19	Player, Danny	21	1	1	6	1	9	1	2	7	25	21	17	17	3	3	17	19	24	10	2	22	7	21	7	18	19	16	17	4	11	3	19	15	4	10	16	10	1	14	1262
20	Player, Kelly	3	1	1	7	16	20	2	4	7	22	11	18	17	1	21	20	22	20	24	22	15	21	12	18	5	1	15	19	8	23	21	6	18	11	10	6	22	10	10	1322
21	Player, Kelli	8	1		22	16	20	10	10	16	7	11	5	21	14	11	23	6	22	24	14	15	2	1	18		22			18	23	21	17	7	11	21		8	21	14	1180
22 (18)	Player, Kailee	10 (11)	22 (17)	(1)	19 (12)	23 (14)	19	23 (18)	21 (23)	16	24 (12)	(5)	(4)	(17)	14 (19)	17 (13)	21 (18)	17 (8)	15 (18)	10 (11)	10 (12)	22 (19)	15 (11)	12 (19)	14 (5)	16 (10)	22 (5)	(15)	13 (9)	14 (12)	14 (21)	10 (16)	(14)	18 (10)	4 (11)	4 (4)	(13)	10 (11)	12 (12)	14 (7)	1193
23 (22)	Player, Andrea	25 (20)	25 (18)	(20)	25 (11)	15 (16)	14	5 (7)	2 (12)	7	15 (10)	8 (20)	15 (9)	(5)	11 (15)	9 (13)	23 (18)	(1)	(11)	21 (11)	(19)	9 (13)	(14)	23 (22)	11 (15)	(6)	(16)	(12)	(15)	(14)	4 (8)	3 (8)	(5)	(19)	11 (11)	(15)	(13)	10 (20)	(12)	(13)	832
24 (21)	Player, Nicole	20 (13)	19 (1)	19 (1)	22 (6)	16 (2)	1	24 (20)	6 (6)	16	14 (20)	(14)	(21)	2 (23)	(3)	25 (8)	10 (16)	20 (15)	5 (21)	10 (21)	14	(13)		(14)		(5)	15 (5)		(10)	24 (22)	11 (10)	23 (23)	8 (15)	(10)	(11)	17 (18)	(13)	(3)	(12)	(2)	906
25	Player, Shelbi	22	22	22	21	12	12	25	24	16	19	18	18	2	11	21	17	14	19	3	18	9	7	19	7	8	8	18	14	23	16	10	15	14	19	19	2	24	21	21	1642